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Lemon Chicken Orzo Soup

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 mins	25 mins	35 mins	6 to 8 servings

Ingredients

- 2 tablespoons extra-virgin olive oil, plus extra for serving
- 1 medium fennel bulb or 3 celery stalks, chopped (about 1 1/2 cups)
- 1 medium yellow onion, chopped
- 3/4 teaspoon ground coriander
- 1 1/4 teaspoons kosher salt, divided, plus more to taste
- 8 cups low-sodium chicken broth or stock
- 2 boneless, skinless chicken breasts (about 1 1/4 pounds), trimmed and cut in half lengthwise
- 1 cup orzo
- 1/3 cup tahini, optional
- 1/4 cup chopped fresh dill, plus more for garnish (from one 0.5-ounce clamshell)
- Finely grated zest of 1 lemon
- 1/4 cup fresh lemon juice
- Freshly ground black pepper, for serving

Method

1. Sauté the vegetables:

Heat the oil in a Dutch oven over medium heat until shimmering. Add the fennel or celery, onions, coriander, and 1/2 teaspoon of the salt and cook until softened and nearly translucent, about 5 minutes.

2. Poach the chicken:

Add the broth, chicken, and the remaining 3/4 teaspoon salt. Increase the heat to high and bring to a simmer. Turn off the heat, cover, and let stand until the chicken is cooked through, 10 to 15 minutes. It should reach an internal temperature of 160°F.

3. Shred the chicken:

Transfer the chicken to a plate and let it sit until cool enough to handle. Using two forks or your hands, shred the chicken into bite-sized pieces.

4. Meanwhile, cook the orzo:

Return the soup to a simmer over medium-high heat. Add the orzo and simmer until tender, 11 to 13 minutes, stirring occasionally to prevent sticking.

5. Season the soup:

Take the soup off the heat and stir in the tahini, if using, dill, lemon zest and juice, and shredded chicken. Season to taste with salt and pepper.

Serve drizzled with extra olive oil and sprinkled with lots of black pepper and extra fresh dill.

Refrigerate leftovers in an airtight container for up to 5 days. The orzo will absorb broth as it's stored, so you may need to add a bit more chicken broth or water when you reheat it. If you're making the soup ahead of time, you can cook it without the orzo, tahini, lemon zest and juice, and dill. When reheating the soup, bring it to a simmer, cook the orzo, and finish with the aromatics as directed in Step 5.

Freeze the soup in a freezer-safe container for up to 3 months. For best results, freeze it without the orzo, tahini, lemon, and dill, adding them when you reheat the soup.

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Nutrition Facts (per serving)			
238	8g	14g	29g
CALORIES	FAT	CARBS	PROTEIN