



# LIFE IN THE DESERT

## Vegetable Orzo Soup

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

### Ingredients

4 carrots  
2 stalks of celery  
1 medium white onion  
1 cup spinach  
1 clove garlic  
1 14.5 oz can of diced  
tomatoes

1 cup orzo pasta  
4 cups vegetable stock  
3 cups water  
1 tsp oregano  
1 tsp pepper  
1 tsp salt  
1 tsp red pepper flakes  
1 tbsp olive oil  
1 tbsp of fresh lemon juice



### Directions

1. Dice carrots, celery, and onion.
2. Warm dutch oven on stove and add olive oil. Then add carrots, celery and onion. Let cook for 5 minutes. Stir occasionally. Add garlic, cook for 1 minute.
3. While vegetables are cooking, chop spinach. Then add spinach and orzo to dutch oven. Stir ingredients together well.
4. Bring pot to boil. Then let soup cook for 10 minutes, enough time to let the orzo cook. Stir every few minutes.
5. Once orzo is cooked, remove from heat. Add a squeeze of lemon juice. Serve with a roll or slice of sourdough bread.