

Lemon Chicken Orzo Soup

Created by: [Southern Living](#)

Prep Time: 15m | Cook Time: 25m | Servings: 6

Ingredients

- 1 large lemon
- 2 Tbsp. olive oil
- 3 large shallots, thinly sliced (about 1 cup)
- 2 tsp. chopped fresh rosemary
- 8 cups unsalted chicken stock
- 2 medium sweet potatoes, peeled and cut into 3/4-inch cubes (about 4 cups)
- 3 (8-oz.) boneless, skinless chicken breasts
- 2 3/4 tsp. kosher salt
- 3/4 cup uncooked orzo
- 1/4 cup chopped fresh flat-leaf parsley

Instructions

1. Using a vegetable peeler, remove 6 (2-inch) lemon peel strips from lemon. Squeeze lemon to equal 2 tablespoons juice. Set aside strips and juice.
2. Heat oil in a large Dutch oven over medium-high. Add shallots and rosemary. Cook, stirring occasionally, until translucent, 4 to 5 minutes.
3. Add lemon peel strips, stock, and potatoes. Bring to a boil over high; reduce heat to medium.
4. Add chicken and salt and cook 10 minutes. Add orzo and cook until a thermometer inserted in thickest part of chicken registers 165°F and potatoes and orzo are tender, about 10 minutes more.
5. Remove and discard lemon peel strips. Remove and shred chicken; return to soup. Stir in lemon juice. Ladle soup into bowls; sprinkle evenly with chopped parsley.