

# Left Over Turkey, Orzo and Spinach Soup

By Chef Darian Bryan



## INGREDIENTS:

- 2 Tbsp. olive oil
- 1 yellow onion, diced
- 2 large carrots, diced
- 3 celery stalks, diced
- 3 cloves garlic, minced
- 1/4 cup parsley, chopped
- 4 cups turkey or chicken, cooked
- 2 Tbsp. tomato paste
- 1 can (14-ounces) diced tomatoes
- 1/2 tsp. thyme
- 1/2 tsp. dried oregano
- 1/4 tsp. dried rosemary
- 1 (32 ounces) vegetable stock
- 1 1/2 cups orzo pasta
- 1 bag baby spinach

## DIRECTIONS:

1. Heat oil in a large pot over medium heat.
2. Add onion and cook for 2 minutes.
3. Add carrots, celery, garlic and parsley and continue to cook and stir for 3 minutes.
4. Stir in cooked turkey or chicken meat and cook for 2 more minutes, stirring occasionally.
5. Mix in tomato paste and canned tomatoes; then stir in thyme, oregano, and rosemary. Cook for 2 minutes.
6. Add broth and orzo and bring soup to a boil.
7. Lower heat to medium-low and continue to simmer for 10 minutes, stirring occasionally, until pasta is done.
8. Stir in the baby spinach and cook for 1 more minute, or until spinach is wilted.
9. Remove from heat, serve and enjoy!

## Nutrition Facts

6 servings per container

**Serving size**

**1 Cup**

Amount per serving

**Calories**

**410**

% Daily Value\*

**Total Fat** 7g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 75mg **25%**

**Sodium** 530mg **23%**

**Total Carbohydrate** 47g **17%**

Dietary Fiber 7g **25%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

**Protein** 37g

Vitamin D 0mcg **0%**

Calcium 103mg **8%**

Iron 5mg **30%**

**Potassium** 591mg **15%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[healthyoptionsbuffalo.com](http://healthyoptionsbuffalo.com)

# MEAL KIT SHOPPING LIST

## Week 4

### Fruit:

- no fruit this week

### Vegetables:

- 1 sweet onion- \$1.72
- 1 celery stalk- \$2.29
- 1 bunch carrots- \$1.79
- 1 bag spinach- \$2.19

### Protein:

- Left Over Turkey or Chicken

### Dairy:

- no dairy this week

### Grains:

- 1 box orzo pasta- \$1.19

### Herbs, Spices & More:

- 1 head garlic- \$1.04
- 1 bunch parsley- \$1.59
- 1 vegetable stock- \$2.29
- 1 can tomato paste- \$0.99
- 1 can diced tomatoes- \$1.09

Healthy Options

Cooking at Home

Grocery cost: \$16.18

Recipe cost: \$13.18

Cost per meal: \$2.19

\*prices found at your local Wegmans store