

# Mediterranean Shrimp & Orzo Soup

Prep: 10 min  
Cook: 15 min  
Serves: 4

## Ingredients:

- 1 tablespoon olive oil
- 1 small red bell pepper, diced
- 1 small yellow bell pepper, diced
- 3 garlic cloves, minced
- 4 cups homemade vegetable stock
- 1 cup uncooked orzo
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- ½ teaspoon kosher salt
- 1 pound raw medium shrimp, peeled and deveined
- 1 cup fresh spinach

## Directions:

1. Heat olive oil in a medium saucepan over medium heat. Sauté bell peppers for 3 to 4 minutes, until softened. Add garlic and sauté for an additional 1 minute.
2. Add vegetable stock and bring to a boil over high heat. Add the orzo, oregano, thyme and salt and reduce heat to a simmer. Cook for 5 minutes, stirring occasionally.
3. Add the shrimp and spinach and cook for 4 to 5 minutes, until shrimp is cooked through, and spinach is wilted.



Nutrition Information		
Serving size: 465g	4 servings	Calories: 350
Amount per Serving		% Daily Value
Total Fat	6g	8%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	145mg	48%
Sodium	1480mg	64%
Total Carbohydrate	49g	18%
Dietary Fiber	1g	4%
Total Sugars	6g	
Added Sugars	2g	4%
Protein	23g	
Vitamin D	0mcg	
Calcium	91mg	8%
Iron	3mg	15%
Potassium	283mg	6%