

Print and cut out recipe label, then tape onto freezer bag

# Lemon Chicken Orzo Soup

Date:

## Additional Ingredients:

- 4 cups Water
- 3/4 cup Orzo Pasta dried

Freezer Meal *Prep*

## Slow Cooker:

1. Empty the frozen contents of the bag into a slow cooker.
2. Add 4 cups of water. Cook on low for 3-4 hours, or to an internal temperature of 165F.

## Pressure Cooker:

1. Empty the frozen contents of the bag into a pressure cooker and add 4 cups of water.
2. Turn the pressure to high and cook for 15 minutes, with quick pressure release. \*If chicken isn't cooked through after 15 min, shred and return to pressure cooker on saute setting.

## Additional Instructions:

1. Remove bay leaf.
2. Shred chicken and return to liquid.
3. Cook orzo pasta according to package directions and add to pot.

## Serving Suggestions:

1. Top with lemon wedges or fresh parsley for garnish.
2. Serve with a large piece of sourdough or french bread.