

Leftover Turkey & Orzo Soup



Ingredients:

- 6 cups low-sodium chicken broth
- 4 small carrots, sliced
- 1/2 cup whole grain orzo
- 1 1/2 cup roasted turkey, shredded
- 1 tablespoon dried dill or 3 tablespoons fresh dill, chopped

Directions:

1. In a large saucepan, bring chicken broth to a boil.
2. Add the carrots and orzo.
3. Simmer until the carrots are tender, 12-15 minutes.

Makes 4 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>