

MINDFUL MEAL PREP

Serving size: 1 cup • Serves: 8

25
minutes

PREP: 15 minutes
COOK: 10 minutes

CHICKEN Orzo Soup

- 2 cups chicken stock*
- 2 carrots, peeled & quartered
- 2 celery stalks, rinsed & quartered
- 2 cups water
- 1 cup dry orzo pasta
- 2 cups cooked chicken, shredded*
- 1½ tsp. salt
- ½ tsp. black pepper

1. Place carrots and celery in base of Power Chef® System fitted with blade attachment. Replace cover and pull cord until roughly chopped. Transfer mixture to base of Pressure Cooker.
2. Add water and orzo. Cover, lock in place and microwave on high power 10 minutes.
3. At the end of cooking time, remove Pressure Cooker from microwave and allow pressure to release naturally until pressure indicator fully lowers.
4. Stir shredded chicken into soup and serve.

Nutritional Information (per serving):
Calories: 220 Total Fat: 4g Saturated Fat: 1g Cholesterol: 85mg Sodium: 590mg
Carbohydrates: 15g Fiber: 1g Sugar: 2g Protein: 29g Vitamin D: 0% Calcium: 2% Iron: 6%
Potassium: 10%

*Reference Rotisserie Chicken Recipe for Shredded Chicken and Chicken Stock.



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Tupperware®

TO DEMO



Microwave Pressure Cooker



Power Chef® System

OPTIONAL



Silicone Spatula



Measuring Spoons



Measuring Cups



Universal Series Chef Knife



Micro Pitchers



Ladle



FridgeSmart Medium



Thermal Flask