



**GREEN
CHEF**

VEGETABLE ORZO SOUP

zucchini, carrots, peas, Parmesan, lemon, basil pesto

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

940

Soup is so much more than just broth. It's true: These warm, slurpable bowls are brimming with bright flavors that are perfect for any season. In just half an hour, you'll build layers of flavor. First, carrots, onion, and celery are sautéed 'til softened, then sprinkled with lemon zest and oregano-garlic seasoning. Next in the pot goes diced zucchini and tomatoes. Once they're nice and tender, you'll stir in mushroom stock and orzo. Right when the pasta turns al dente, sweet peas go in until just warmed through. The deliciousness doesn't stop there, though! Once the soup is ladled into bowls, it's topped with lemon juice, basil pesto, and Parmesan cheese. One slurp will leave you totally bowled over.



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

INGREDIENTS (12 ITEMS)

2 whole	Carrots
1 whole	Yellow onion
1¾ oz	Celery
1 whole	Lemon
1 whole	Zucchini
1¼ tbsp	Oregano-garlic seasoning
6¼ oz	Diced tomatoes
2 whole	Mushroom stock concentrates
6 oz	Orzo pasta <small>W</small>
¾ oz	Peas
¾ oz	Basil pesto with Parmesan <small>M T</small>
1 oz	Parmesan cheese <small>M</small>

WHAT YOU'LL NEED

large pot
mixing bowls
measuring cup & spoons
peeler
microplane
cooking oil
1 tbsp butter M
salt & pepper

ALLERGENS

W WHEAT
M MILK
T TREE NUTS (almonds)

Wash and dry fresh produce. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

PREP

- Cut tops off **carrots** and peel. Medium dice into pieces, about ½ inch each.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and small dice into pieces, about ¼ inch each.
- Slice **celery** across into pieces, about ¼ inch each.
- Zest half of the **lemon** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lemon**. Squeeze juice from 1-2 **lemon wedges** over a second small bowl, removing seeds.
- Trim ends off **zucchini***; discard. Quarter lengthwise. Lay flat and slice across into quarter-moons, about ¼ inch thick.

**The ingredient you received may be a different color.*

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2

START SOUP

- Heat about 1½ tablespoons cooking oil in a large pot over medium heat. Add **carrots**, **onion**, **celery**, and about half of the **lemon zest**. Season with **oregano-garlic seasoning**, about ½ teaspoon salt, and about ¼ teaspoon pepper. Cook 4-5 minutes, or until onion is translucent, stirring occasionally.

3

ADD ZUCCHINI & TOMATOES

- Add **zucchini**, **diced tomatoes**, and 1 tablespoon butter to pot with **veggies**. Drizzle with about 1 tablespoon cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine. Cook 2-4 minutes, or until zucchini is tender, stirring occasionally.

4

FINISH SOUP

- Add **mushroom stock concentrates**, 2½ cups water, and **orzo pasta** to pot with **veggies**. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine. Reduce heat to medium-low. Simmer about 6-8 minutes, or until flavors meld and pasta is tender, stirring occasionally.
- Stir in **peas**.

5

PLATE YOUR DISH

- Divide **vegetable orzo soup** between bowls. Drizzle reserved **lemon juice** over each bowl. Top with a spoonful of **basil pesto with Parmesan**. Garnish with **Parmesan cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (666g)

Amount per serving

Calories **940**

	% Daily Value*
Total Fat 49g	63%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 2290mg	100%
Total Carbohydrate 103g	37%
Dietary Fiber 13g	46%
Total Sugars 18g	
Includes 1g Added Sugars	2%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 378mg	30%
Iron 6mg	35%
Potassium 1311mg	30%

* The % Daily Value (DV) 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.

All ingredients in this recipe:

Yellow Onion, Carrots, Celery, Diced Tomatoes [organic tomatoes, organic tomato juice, sea salt, calcium chloride, citric acid], **Mushroom Stock Concentrate** [mushroom juice concentrate, maltodextrin, salt, natural flavor, sugar, yeast extract, and xanthan gum], **Orzo Pasta** [wheat semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **Zucchini, Peas** [peas], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **Lemon, Oregano-Garlic Seasoning** (Dried Oregano, Granulated Garlic, Onion Powder, Dried Parsley), **Basil Pesto** (Garlic, Basil, Almonds [almonds], Sea Salt, Lemon Juice [lemon], Olive Oil [olive oil], Parmesan Cheese [pasteurized cow's milk (cheese cultures, salt, and enzymes), cellulose (to prevent caking) and potassium sorbate], Water, Ascorbic Acid [ascorbic acid])

Allergen information:

Contains Milk, Tree Nuts And Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.