

Serves 8

Serving size: 1 cup

PREP: 10 minutes

COOK: 40 minutes

Chicken Orzo SOUP

3 lb./1.3 kg whole chicken
4 cups water, divided
2 carrots, peeled & cut in 2"/5 cm pieces
2 celery stalks, peeled & cut in 2"/5 cm pieces
1 medium onion, peeled and quartered
2 garlic cloves, peeled
1 cup orzo pasta
1½ tsp. coarse kosher salt
½ tsp. black pepper
1 lemon, juiced using Zest N' Press® Gadget

1. Place chicken breast side up in base of Microwave Pressure Cooker and add 3 cups water. Chicken should be submerged in water and contents should not be above the max fill line. Seal and microwave on high power 20 minutes. 20–25 minutes for a 3-lb./1.3 kg chicken
2. While chicken cooks, add carrots, celery, onion and garlic to base of Quick Chef® Pro System fitted with blade attachment. Cover and turn handle until roughly chopped.
3. Remove Pressure Cooker from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 10 minutes.
4. Check to ensure internal temperature of chicken has reached 165° F/ 75° C. Remove chicken from base. Add remaining cup of water, chopped vegetables and remaining ingredients to base of Pressure Cooker. Seal and microwave on high power 10 minutes.
5. While pasta and vegetables are cooking, remove chicken meat from bones, discarding skin. Shred larger pieces using 2 forks.
6. Remove Pressure Cooker from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 2 minutes.
7. Stir shredded chicken into soup and serve.

Nutritional Information (per serving):

Calories: 290 Total Fat: 11g Saturated Fat: 3g Cholesterol: 70mg Carbohydrate: 21g
Sugar: 4g Fiber: 2 g Protein: 25g Sodium: 460mg Vitamin A: 70% Vitamin C: 10%
Calcium: 4% Iron: 10%



Microwave Pressure
Cooker



Zest 'N Press®
Gadget



Quick Chef® Pro
System



Measuring
Cups



Measuring
Spoons



Silicone
Spatula