

Choco Fever Dream

# Tomato Orzo Soup: Easy Comforting Recipe

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| **15 min**<br>Prep time | **25 min**<br>Cook time | **40 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **Mediterranean**<br>Cuisine |

## Ingredients

### Soup Base

- [ ] 2 tbsp olive oil
- [ ] 1 medium onion, finely diced
- [ ] 3 cloves garlic, minced
- [ ] 1½ lbs ripe tomatoes, chopped
- [ ] 4 cups low-sodium vegetable broth
- [ ] 1 cup orzo pasta
- [ ] ½ tsp salt (adjust to taste)
- [ ] ¼ tsp black pepper

### Finishing Touches

- [ ] ¼ cup fresh basil leaves, torn
- [ ] 2 tsp lemon juice
- [ ] Optional: ¼ cup grated Parmesan cheese

## Instructions

1. Heat olive oil in a large pot over medium heat. Add the diced onion and sauté until translucent, about 4 minutes.
2. Stir in the minced garlic and cook for another minute until fragrant.
3. Add the chopped tomatoes, letting them break down and release their juices, about 5 minutes.
4. Pour in the vegetable broth, bring to a gentle boil, then reduce to a simmer.
5. Add the orzo and cook for 8-10 minutes, or until al dente, stirring occasionally.
6. Season with salt and pepper, then finish with fresh basil, lemon juice, and a drizzle of olive oil. Serve hot.

### Nutrition per serving

| 210 kcal | 6 g | 30 g | 7 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- If the soup becomes too thick, add a splash of water or extra broth.
- For a richer flavor, roast the tomatoes beforehand.
- Feel free to blend half the soup for a smoother texture.