

## Lemon Chicken and Tofu Orzo Soup

3 tablespoons soybean oil  
1 medium onion, diced  
3 carrots, ¼ inch thick slices  
3 stalks celery, chopped  
3 teaspoons chopped garlic  
1 cup orzo  
8 cups chicken broth  
2 cups shredded cooked chicken  
4 tablespoons lemon juice  
½ cup whole milk  
¾ cup shredded Parmesan cheese  
1 -12.3 ounce box silken firm tofu, cut into bite size cubes  
Salt and Pepper to taste

In a 6-quart Dutch oven or saucepan, add oil; heat. Add onion, carrots and celery. Sauté for 6 or 7 minutes until softened. Add garlic, stir to combine and heat. Add orzo; stir to mix. Add broth; mix thoroughly. Cook 10 minutes or until orzo is cooked and plumped. Add chicken, lemon juice, milk and cheese; stir to combine. Simmer until desired thickness. Add tofu; stir to combine. Heat.

Yield: 6 to 7 servings

For a vegetarian soup, omit chicken and use vegetable broth.