

## MCCOLM FAMILY FARMHOUSE RECIPE

# “ROOT TO RISE” SPRING GREENS & LEMON ORZO SOUP

*A bright, cozy transitional soup featuring early spring greens, carrots, herbs, and lemon for uplift.*



## INGREDIENTS

### Base

- 2 tbsp olive oil
- 1 medium onion, diced
- 2 carrots, sliced into thin rounds
- 2 celery stalks, chopped
- 3 cloves garlic, minced
- 1 tsp dried oregano or thyme
- ½ tsp red pepper flakes (optional)

### Broth & Orzo

- 8 cups vegetable or chicken broth
- 1 cup orzo
- Zest of 1 lemon
- Juice of 1-2 lemons (to taste)
- Sea salt + pepper to taste

## INSTRUCTIONS

### 1. Build a flavorful base

Heat olive oil in a large pot over medium heat. Add onion, carrots, and celery.

Cook for 6-8 minutes, until softened and fragrant.

Add garlic, oregano, and red pepper flakes. Cook for 1 minute, stirring.

### 2. Add broth + orzo

Pour in the broth, lemon zest, and orzo.

Bring to a boil, then reduce to a gentle simmer.

Cook for 10-12 minutes, until the orzo is tender.

### 3. Stir in greens & lemon

Add your chosen greens, peas, and fresh herbs.

Simmer 2-3 minutes, just until the greens wilt and brighten.

Remove from heat. Stir in lemon juice, tasting as you go.

Season with salt and pepper.





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#### 4. Finish & serve

Ladle into bowls and garnish with any (or all!) of the following:

- Drizzle of olive oil
- Extra herbs
- Fresh lemon squeeze
- Grated Parmesan

Serve warm; ideally with crusty sourdough for dipping.

#### Spring Add-Ins

Choose any combination of the spring greens available at your markets:

- 2 cups chopped kale, chard, or spinach
- 1 cup snap peas or shelled peas
- ½ cup chopped fresh herbs: parsley, dill, mint, or basil
- Optional: 1 cup cooked shredded chicken or chickpeas

#### Finishing Touches

- Extra lemon wedges
- Olive oil drizzle
- Fresh herbs
- Grated Parmesan or pecorino (optional)

#### Serving Suggestions

- Pair with a delicious slice of sour dough or gluten-free bread option