



Makes 10 cups
Preparation Time: 25 minutes
Cook Time: 15 minutes

INGREDIENTS:

2 cups chopped onion
1 cup chopped celery
3 cloves garlic, minced
2 teaspoons grated fresh ginger
1 32-oz. package low-sodium vegetable broth
2 cups sliced carrots
1 14.5-oz. can green jackfruit, rinsed, drained, and shredded
2 teaspoons lemon zest
6 oz. dry whole wheat orzo
1 15-oz. can no-salt-added navy beans, rinsed and drained (1½ cups)
¼ cup chopped fresh parsley
2 tablespoons lemon juice
Sea salt, to taste
Freshly ground black pepper, to taste

Lemon Orzo Soup with Jackfruit

Zesty lemon is the star of this nourishing orzo soup, which features the bright citrus flavor in three different ways: Lemon juice and zest are stirred into the savory **broth**, and each serving is accompanied by a lemon wedge to squeeze on top. Lip-puckering lemon perfectly complements earthy carrots, creamy white beans, and hearty pasta so the meal is filling without tasting dense. Canned **jackfruit** comes in as a close second as the most important ingredient, because its meaty texture and absorbent properties add substance that will satisfy your rumbling stomach. Be sure to shred it before adding it to the soup so it gets extra tender. Top each bowl with a crack of black pepper, and enjoy!

For more healthy vegan jackfruit recipes, check out these tasty ideas:

- [BBQ Jackfruit Bowls with Texas Toast](#)
- [Teriyaki Jackfruit and Rice Stacks](#)
- [Barbecue Stuffed Sweet Potatoes with Smoky Jackfruit](#)
- [Jackfruit Jambalaya](#)

By Nancy Macklin, RDN

- 1** In a large pot cook onion, celery, garlic, and ginger over medium 4 minutes, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Add vegetable broth, carrots, jackfruit, lemon zest, and 2 cups water. Bring to boiling; reduce heat. Cover and simmer 5 minutes.
- 2** Stir in orzo; cook 8 to 10 minutes or until orzo is tender. Stir in beans and parsley. Add lemon juice. Season with salt and pepper.