



► SERVES 8

Prep Time: 5 mins Total Time: 30 mins

- 2 tbsp (30 mL) olive oil
- 1 onion
- 2 bell peppers, any color
- 2 cups (500 mL) vegetable broth
- 2 cups (500 mL) orzo pasta
- 1 can (14.5 oz./411 g) fire-roasted diced tomatoes, undrained
- 1 can (15.5 oz./440 g) chickpeas, drained and rinsed
- 2 tbsp (30 mL) **Greek Rub**
- ¼ tsp (1 mL) red pepper flakes
- ¼ tsp (1 mL) salt
- 5 oz. (150 g) baby spinach leaves

Optional: Crumbled feta cheese,
sliced kalamata olives

Baked Orzo

1. Preheat the oven to 400°F (200°C).
2. Heat the oil in the **6-qt. (5.7-L) Enameled Cast Iron Dutch Oven** over medium heat for 3–4 minutes.
3. Working in batches, chop the onion and bell peppers in the **Manual Food Processor**. Add to the Dutch oven and cook until softened, about 3–4 minutes.
4. Add the broth, orzo, tomatoes, chickpeas, rub, red pepper flakes, and salt; bring to a simmer.
5. Remove from the heat. Stir in the spinach. Cover and bake until the liquid has been absorbed and the orzo is soft, about 12–14 minutes.
6. If you like, top with feta and olives.

Cook's Tip

Stir in **Enrichables™ Pea Protein** before serving.