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## **Ingredients**

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

## **Method**

-Preheat the oven to 400°F (200°C).  
-Heat the oil in the 6-qt. (5.7-L) Enameled Cast Iron Dutch  
Oven over medium heat for 3-4 minutes.  
-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.  
-Add the broth, orzo, tomatoes, chickpeas, rub, red pepper  
flakes, and salt; bring to a simmer.  
-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.  
-If you like, top with feta and olives

## **Yield:**

8 servings

## **Nutrients per serving:**

U.S. nutrients per serving: Calories 320, Total Fat 5 g,  
Saturated Fat 1 g, Cholesterol 0 mg, Sodium 670 mg,  
Carbohydrate 57 g, Fiber 5 g, Total Sugars 9 g (includes  
0 g added sugars), Protein 11 g



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4.9 ★★★★★

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