

Fresh Fall Veggies with Orzo

***Second Place Winner/ High School Category**

16 ounces carrots, cut into 1-inch pieces (about 2 cups)
20 ounces low sodium Beef broth
1 Tbsp. Olive oil
6 oz white onion, diced/minced
3 ounces uncooked Whole grain orzo pasta
2 garlic cloves, minced [1 tsp. minced]
1/2 teaspoon pepper
2 ounces freshly grated Parmesan cheese
2 teaspoon chopped fresh thyme
2 tablespoons chopped fresh chives
1 ½ ounces Shelled pumpkin seeds
6 Buttercup or Iceberg lettuce leaves

Directions:

Heat pan over medium heat

Add oil, carrots, and onions. Sweat those out until slightly soft.

Add garlic, about 30 seconds

After about thirty seconds add in the orzo

Add beef broth and black pepper

Stir together, cook until pasta has soaked up all of the beef broth or until pasta is cooked.

Reduce heat to a simmer, simmer for about 15-20 minutes or until orzo and veggies are soft.

Add in cheese and herbs

Stir until mixed thoroughly

Plate and Garnish dish

Serve, and enjoy!

Nutritional Info for Carrot Orzo

Ingredients	Calories	Carbs	Fat	Protein	Sodium	Sugar
Carrots - Raw, 2 cup, chopped	105	25	1	2	177	12
Soup - Beef broth, bouillon, consomme, prepared with equal volume water, 2.5 cup (8 fl oz)	72	4	0	13	1,591	0
Onions - Raw, 0.75 cup, chopped	50	12	0	1	4	5
Racconto - Orzo (Dry, Uncooked), 0.38 cup (56g) dry	236	46	1	8	0	0
Spice World - Minced Garlic, 1 tsp (5g)	0	1	0	0	0	0
Cheese - Parmesan, grated, 2 oz	244	2	16	22	865	1
Spices - Thyme, fresh, 0.5 tsp	0	0	0	0	0	0
Chives - Raw, 1 tbsp chopped	1	0	0	0	0	0
Albertson's - Raw Shelled Pumpkin Seeds, 3 tbsp	153	15	39	21	15	0

Total /6 servings: Calories 861 Total Per Serving: 144

Carbohydrates 18

Fat 10

Protein 11

Sodium 442

SUgar 18

Costing

16 ounces carrots, cut into 1-inch pieces (about 2 cups)	.69/lb	\$.69
20 ounces low sodium Beef broth	\$.60/ lb	\$.75
1 Tbsp. Olive oil	\$10.03/ qt.	\$.15
6 oz white onion, diced/minced	\$.60/ lb	\$.24
3 ounces uncooked Whole grain orzo pasta	\$1.00	\$.18
2 garlic cloves, minced [1 tsp. minced]	\$.79/oz	\$.03
1/2 teaspoon pepper	\$11.12 /lb	\$.02
2 ounces freshly grated Parmesan cheese	\$4.98/lb	\$.06
1 ½ teaspoon chopped fresh thyme		\$.05
2 tablespoons chopped fresh chives		\$.05
1 ½ ounces Shelled pumpkin seeds	\$6.37/ lb	\$.06
6 Buttercup or Iceberg lettuce leaves		\$.10
Total		\$2.48
Per Serving		\$.41