

ONE POT TOMATO BEEF ORZO

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COOK TIME: 30mins

SERVES: 4

CALORIES: 663 kcal (PER SERVING)

INGREDIENTS

2 tbsp olive oil
1 tbsp unsalted butter
450 g/1 pound ground beef
1 small brown onion, finely chopped
4 garlic cloves, minced
1 tsp each: salt, black pepper, sweet paprika, dried thyme
1 tbsp dried oregano
¼ tsp ground cinnamon
¼ cup/60 ml red wine, optional
140 g/5 oz tomato paste
250 g/1 cup orzo
1 L/4 cups chicken broth
1 bay leaf
2 tbsp chopped parsley
1 tbsp lemon juice
50 g/2 oz grated Parmesan
crushed red pepper flakes, for serving

DIRECTIONS

Heat oil and butter in a large nonstick skillet over medium. Add ground beef and break it up into pieces. Cook until it starts to brown. Add garlic and onion. Stir in salt, pepper, paprika, oregano, thyme and cinnamon. Cook until fragrant, about 2 minutes.

Pour in red wine, cook for 2 minutes. Stir in tomato paste. Add orzo, stir until combined. Pour in 3 cups broth, add bay leaf and bring to a boil. Simmer over low for 10-15 minutes, until orzo is al dente (according to the package directions). Stir occasionally to prevent orzo from sticking to the bottom of your skillet.

When ready, sprinkle with lemon juice and stir in grated parmesan. Taste and adjust salt. Finish off with chopped parsley, black pepper and red pepper flakes. Enjoy!

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