

easier

Vegetarian

## One-Pot Orzo with Artichokes and Tomatoes

Makes 6 servings

### Test Kitchen Notes

- a heat-safe silicone or wooden spatula is a better tool than a wooden spoon to keep the dish from sticking at the end of its cooking.
- Use only frozen artichoke heart *quarters*, not the larger artichoke hearts. Or substitute one 14-ounce can or jar of artichoke hearts packed in water for the frozen ones; drain and cut each into quarters.
- For the best flavor, buy a block of feta packed in salt water, rather than pre-crumbled feta. Crumble it into bits about the size of the orzo.



**Voilà!** save the liquid from any feta or fresh mozzarella container to add to your pasta sauce for extra flavor.

Think of this as a pasta version of a greek-inspired risotto. Tiny orzo pasta is cooked in a sauce loaded with veggies and spices, then tossed with plenty of cheese. For a larger meal, consider using this orzo dish as the base for swordfish or shrimp kebabs.

2 tablespoons olive oil

1 small yellow onion, chopped

1 medium yellow bell pepper, stemmed, cored, and chopped

2 teaspoons minced garlic

1 pound fresh plum tomatoes, chopped

2 teaspoons dried oregano

2 teaspoons dried dill

½ teaspoon ground cinnamon

½ teaspoon table salt

4 cups (1 quart) vegetable broth

12 ounces dried orzo

9 ounces frozen artichoke heart quarters, thawed

1½ cups crumbled feta (about 8 ounces)

**1.** Warm the olive oil in a dutch oven set over medium heat. add the onion, bell pepper, and garlic; cook, stirring often, until the onion turns translucent, about 3 minutes.

**2.** stir in the tomatoes, oregano, dill, cinnamon, and salt. cook, stirring occasionally, until the tomatoes begin to soften and collapse, about 4 minutes.

**3.** stir in the broth, orzo, and artichoke quarters. Bring to a full simmer, then cover and reduce the heat to low. simmer slowly for 5 minutes. then continue simmering, covered but stirring often, for 5 minutes. finally, simmer uncovered, stirring almost constantly to prevent sticking, until the pasta is tender, about 5 minutes longer.

**4.** remove from the heat, crumble the feta on top, and stir well. cover and set aside for 5 minutes to blend the flavors and absorb any remaining liquid.

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