



# HEARTY ROASTED VEGETABLE ORZO STEW

WESTERN EUROPEAN

## ROADMAP

1. Heat oven to 425 & line a large baking sheet with foil.
2. In a large bowl, stir together broccoli, carrots, celery, onion with olive oil, salt & pepper. Roast in preheated oven for 20 minutes.
3. In a large pot, over medium heat, add tomatoes, pinch of salt, tomato paste, granulated onion & garlic, oregano, thyme, bay & anchovy. Sauté for 2 minutes to combine & bloom all seasonings together.



**SERVINGS**  
6 - 8



**ACTIVE TIME**  
10 MIN



**TOTAL COOK TIME**  
30 MIN

## INGREDIENTS

### For roasting:

- 1 large head broccoli - cut into small florets - about 4 C.
- 2 large carrots - medium dice
- 2 celery stalks- medium dice
- 1 large yellow or white onion - medium dice
- 2 Tbsp. Olive oil
- 1/2 tsp. Salt
- 1/4 tsp. Black pepper

### In your pot:

- 1 Tbsp. Olive oil
- 4 Roma tomatoes - medium dice
- 1 Tbsp. Tomato paste
- 1/2 tsp. Granulated garlic
- 1/2 tsp. Granulated onion
- 1/2 tsp. Dried Oregano
- 1/4 tsp. Dried Thyme
- 2 tsp. Anchovy Paste or 2 jarred anchovies (optional)
- 1 bay leaf
- 2 Quarts Chicken or Vegetable Stock
- 1/2 lb. Orzo
- 4 Tbsp. Cream cheese
- 1/2 C. Grated Pecorino or Parmesan

4. Turn heat up to high, add stock & bring to a boil. If using low sodium stock, add a couple pinches of salt, then pour in orzo. Cook for half the time of package directions.
5. Add roasted veg to the pot, stir together & simmer on medium low for 2 minutes.
6. Turn heat down to low. Stir in cream cheese & Pecorino/Parmesan.

Even without meat, this is a very satisfying bowl of comfort!