

Chicken Orzo with 10 Vegetables



From the Sensenig's Recipe Book

Ingredients

2 tablespoons extra-virgin olive oil^[P]_[SEP]
1 medium carrot, halved lengthwise and thinly sliced crosswise^[P]_[SEP]
1 small turnip, finely diced^[P]_[SEP]
1/2 small sweet onion, finely chopped^[P]_[SEP]
1/2 small fennel bulb, cored and finely diced^[P]_[SEP]
1 celery rib, thinly sliced^[P]_[SEP]
2 garlic cloves, minced^[P]_[SEP]
Kosher salt Pepper^[P]_[SEP]
1/4 pound green or yellow beans, cut into 1/4-inch pieces^[P]_[SEP]
6 cups Basic Chicken Stock (see Note) or good-quality store-bought stock^[P]_[SEP]
1/4 cup cherry tomatoes, quartered^[P]_[SEP]
1/2 cup frozen peas^[P]_[SEP]
3/4 cup orzo, boiled and drained^[P]_[SEP]
2 ounces arugula (about 2 cups packed), thinly sliced^[P]_[SEP]
1/2 cup basil leaves, thinly sliced^[P]_[SEP]

Preparation

In a heavy medium saucepan^[L]_[SEP] or enameled cast-iron pot, heat the olive oil over moderate heat.

Add the carrots and turnip, then add the onion, fennel, celery, garlic and a generous pinch of salt and cook, stirring occasionally, until the vegetables begin to soften, about 6 minutes.

Stir in the green beans and cook for 1 minute.

Add the chicken stock and bring to^[L]_[SEP] a simmer, then add the cherry tomatoes and peas.

Simmer the soup over moderately low heat, partially covered, until^[L]_[SEP] the vegetables are tender, about 15 minutes.

Season with^[L]_[SEP] salt and pepper.

Divide the orzo, arugula and basil into 4 bowls and ladle the hot soup on top.

Serve hot.^[P]_[SEP]

Notes:

I always add more broth than it says. I also add cooked chicken.
I DO NOT ADD ORZO IN THE SOUP, ADD IT LAST MAKE SURE IT'S HOT IN YOUR BOWL.

Source:

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