



Simple Beef Orzo Soup



Time: 37 min.

Difficulty: Easy

Ingredients (4/6 people)

- **Ingredients**

- Organic chopped tomatoes 750g 1 box
- Carrots, chopped 2 to 3
- Celery sticks, chopped 2
- Cumin 1 tsp
- Dry (uncooked) orzo pasta 1 cup
- Extra virgin olive oil to taste
- Garlic cloves, minced 3
- Handful chopped fresh parsley to taste
- Lean ground beef (or turkey) ¾ lb
- Low-sodium vegetable or chicken broth 32 oz
- Paprika 1 tsp
- Salt and pepper to taste
- Yellow onion, chopped 1

For this recipe we used:



Preparation

If you're looking for an easy, comforting, weeknight recipe, this beef orzo soup will deliver!

1. In a cooking pot, heat 2 tbsp extra virgin olive oil until shimmering but not smoking. Add onions, carrots, and celery. Cook for 3 to 4 minutes, stirring regularly, until softened.
2. Add ground meat and minced garlic. Season with salt, pepper, cumin, and paprika. Cook on medium-high, tossing regularly, until meat's fully browned. (Drain any excess fat and return pot to the heat).
3. Add **Pomì Organic Chopped Tomatoes** and broth. Bring to a boil, then lower heat and simmer for 10 minutes.
4. Add orzo and raise the heat to medium-high. Place the lid (leaving it somewhat open) on the pot. Cook orzo to al dente (about 8 to 10 minutes).
5. Remove from heat and stir in fresh parsley. Taste and adjust seasoning to your liking.
6. Transfer to serving bowls and enjoy!

Recipe by Suzy Karadsheh of [TheMediterraneanDish.com](https://www.themediterraneandish.com)

- *The Mediterranean Dish*