



thursday

## ORZO WITH LAMB, OLIVES AND FETA

6 ounces lean ground lamb or ground beef  
1½ teaspoons olive oil  
1 large onion, finely chopped  
3 cloves garlic, minced  
1 teaspoon ground cinnamon  
½ teaspoon crumbled dried rosemary or oregano  
¼ teaspoon crushed red pepper (optional)  
1 14-ounce can whole tomatoes, undrained  
2 tablespoons chopped, pitted black olives  
½ teaspoon salt  
⅛ teaspoon ground pepper  
12 ounces orzo  
1 cup crumbled feta cheese

Put a large pot of salted water on to boil.

Cook lamb (or beef) in a small skillet over medium heat, stirring, until browned, 3 to 5 minutes. Drain in a sieve set over a bowl. Heat oil in Dutch oven or large deep skillet over medium heat. Add onion and cook, stirring, until softened, 4 to 5 minutes. Add garlic, cinnamon, rosemary (or oregano) and crushed red pepper, if using; cook, stirring, until fragrant, about 1 minute more. Add lamb (or beef).

Puree tomatoes and their juices in a food processor until smooth. Add to the meat mixture and cook, stirring occasionally, until the sauce is thickened, about 10 minutes. Remove from heat and stir in olives. Season with salt and pepper.

Meanwhile, cook orzo until just tender, about 8 minutes or according to package directions. Drain and toss with the sauce. Serve garnished with feta.

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Serves 4  
Active Time: 30m  
Total Time: 30m

## NUTRITION FACTS

Amount per serving:  
Calories: 462  
Total Fat: 9g  
Saturated Fat: 3g  
Monounsaturated Fat: 3g  
Cholesterol: 31mg  
Sodium: 351mg  
Carbohydrates: 73g  
Dietary Fiber: 5g  
Total Sugars: N/A  
Added Sugars: 0g  
Protein: 23g  
Potassium: 514mg