



Chickpea Stew with Orzo and Mustard Greens

Ingredients

- 2 tablespoons extra-virgin olive oil, more for drizzling
- 2 medium carrots, peeled and chopped
- 2 celery stalks, chopped or 1 stalk fennel
- 1 medium onion, chopped
- 2 cloves garlic, minced
- Pinch crushed red pepper flakes
- 2 teaspoons minced fresh rosemary (optional, but it is really good)
- 4 cups chicken or vegetable broth (or water)
- 1 (15-ounce) can chickpeas, rinsed and drained
- $\frac{3}{4}$ cup roughly chopped cherry, grape or canned tomatoes
- $\frac{1}{2}$ cup whole-wheat or regular orzo
- 1 quart loosely packed baby mustard greens or spinach (about 5 ounces), roughly chopped
- Salt and freshly cracked black pepper
- Chopped scallions, for garnish (optional)
- $\frac{1}{4}$ cup finely grated Parmigiano-Reggiano cheese, more as needed

Instructions

1. In a large pot, heat the olive oil over medium-high heat. Add the carrots, fennel or celery and onion. Cook until tender, about 5 to 7 minutes. Add the garlic, red pepper and rosemary, if using, and cook another 2 minutes. Pour in the broth or water and bring to a boil.
2. Once the mixture is boiling, add the greens, chickpeas, tomatoes and orzo. Reduce to a simmer and cover with a lid. Simmer 10 minutes, or until the orzo is tender.
3. Season with salt and pepper. Ladle into bowls and top with chopped scallions (if using), grated cheese and a drizzle of olive oil.

MAKES 4-6 SERVINGS

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