

# Leek and Mushroom Orzo

A creamy Italian-style pasta dish that makes the perfect side to your favorite roasted or grilled protein.

Makes: 9 Servings  
 Prep Time: 15 minutes  
 Cook Time: 30 minutes

Source: Foodhero.org

## Ingredients

- 2 cups chopped leeks
- 1 Tablespoon vegetable oil
- 2 cups sliced mushrooms
- 1 cup dry orzo (rice-shaped pasta) or bulgur
- 2 cups low-sodium broth (any type)
- 1 ½ cups chopped tomato
- 3 Tablespoons cream cheese
- 1 teaspoon garlic powder
- ¼ teaspoon each salt and black pepper

## Directions

1. Wash hands with soap and water.
2. Rinse fresh vegetables under running water before preparing.
3. Sauté leeks in oil in a medium skillet over medium heat until the leeks are soft, about 5 minutes.
4. Add mushrooms and cook until soft, about 5 minutes.
5. Stir in the orzo and toast lightly, stirring frequently, for about 3 minutes.
6. Add broth and bring to a boil. Reduce heat to simmer, stirring occasionally, until the orzo is almost tender, about 8 minutes.
7. Add the tomatoes and simmer until orzo is tender, about 2 minutes.
8. Remove from heat and stir in cream cheese, garlic powder, salt and pepper. Serve warm.



Small Changes,  
 BIG Difference!



### Nutrition Information

Serving Size: 1/2 cup (151g)

Nutrients	Amount
Calories:	150
Total Fat:	4g
Saturated Fat:	1.5g
Cholesterol:	5mg
Sodium:	300mg
Total Carbohydrates:	24g
Dietary Fiber:	1g
Total Sugars:	3g
Added Sugars:	0g
Protein	5g

### Utensils Needed

- Sharp knife
- Cutting board
- Medium skillet
- Measuring spoons
- Measuring cups



# SHOPPING LIST

Average total cost without oil and seasonings: \$13.59

Average cost/serving: \$1.51

Makes: 9 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Leeks



Add 1 to Cart  
Tomatoes



Add 1 to Cart  
Sliced mushrooms



Add 1 to Cart  
Low-sodium broth



Add 1 to Cart  
Orzo



Add 1 to Cart  
Cream cheese

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Chef's Notes

- Pairs nicely with chicken!

### Similar Recipes

- Squash and Orzo

