

Meal Kit #2

Recipe #2

Garbanzos con tomate y orzo Tomato Chickpeas & Orzo

Garbanzos con tomate y orzo

Receta adaptada de [The Kitchen.com](http://TheKitchen.com)

INGREDIENTES

- 2 cucharadas de aceite de oliva
- 1 cebolla amarilla, picada al tamaño de un guisante
- 2 dientes de ajo, pelados y picados muy pequeños
- 1 paquete de sazón
- 1 libra de pasta
- 4 tazas de agua
- 2 latas de tomate triturado o en puré
- 2 latas de garbanzos
- 2 paquetes de queso parmesano

Opcional: romero seco o fresco

INSTRUCCIONES

1. Calentar las 2 cucharadas de aceite en una olla grande a fuego medio-alto. Añade la cebolla picada, el ajo pequeño picado y 1 paquete de sazón y saltea hasta que se ablande, unos 8 minutos.
2. Añadir la pasta orzo y remover para combinar.
3. Añadir las 4 tazas de agua, la lata de tomates y los garbanzos escurridos y llevar a ebullición. Reduce a fuego lento y cocina, revolviendo regularmente, raspando el fondo para que la pasta no se pegue, hasta que la pasta esté cocida, unos 10 minutos. (Si la pasta está todavía demasiado dura, añade de media a 1 taza de agua y sigue cocinando a fuego lento hasta que alcance la consistencia deseada).
4. Incorporar los paquetes de queso parmesano. Probar y sazonar con sal y pimienta al gusto.

Opcional: Adornar con queso rallado, albahaca picada, salsa picante o pimienta de cayena.

Guarda la mitad para el almuerzo de mañana de Batatas rellenas de garbanzos con tomate y orzo

Tiempo de preparación: 10 minutos; **Tiempo de cocción:** 20 **Raciones:** 12

Meal B2: Tomato Chickpeas & Orzo

Nutrition Facts

8 Servings Per Container

Serving Size 241g

Amount Per Serving
Calories 230

% Daily Value *

Total Fat 6g 7%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 440mg 19%

Total Carbohydrates 37g 14%

Dietary Fiber 6g 21%

Total Sugars 6g

Includes Added Sugars 0g

Protein 9g

Vitamin D 0.0ug 0%

Calcium 70mg 5%

Iron 3.0mg 17%

Potassium 600mg 13%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Tomato products, canned, puree, with salt added, Chickpeas, Pasta, Onions, cooked, boiled, drained, without salt, Olive Oil, Garlic, Parmesan Cheese, Seasoning mix, dry, sazón, coriander & annatto, Water
Contains: Gluten, Dairy

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**Garbanzos con tomate y orzo
Tomato Chickpeas & Orzo**

Tomato Chickpeas & Orzo

Adapted from [The Kitchen.com](http://TheKitchen.com)

INGREDIENTS

- 2 tablespoons olive oil
- 1 yellow onion, chopped to size of a pea
- 2 cloves garlic, peeled and chopped tiny
- 1 packet sazon
- 1-lb Orzo or pearl pasta
- 4 cups water
- 2 (15-ounce) cans tomato crushed or purée
- 2 cans chickpeas/garbanzos
- 2 packets Parmesan cheese

Optional: add dried or fresh rosemary

INSTRUCTIONS

1. Heat the 2 tablespoons of olive oil in a large pot over medium-high heat. Add the chopped onion, chopped tiny garlic, and 1 packet of sazon and sauté until softened, about 8 minutes.
2. Add the orzo or pearl pasta and stir to combine.
3. Stir in the 4 cups water, can of tomatoes, and drained chickpeas and bring to a boil. Reduce to a simmer and cook, stirring regularly, scraping the bottom so the pasta doesn't stick, until the pasta is cooked, about 10 minutes. (If the pasta is still too hard, add a half to 1 cup water and continue to simmer until it reaches desired consistency.)
4. Stir in the Parmesan cheese packets. Taste and season with salt and pepper as desired.

Optional: Garnish with grated cheese, chopped basil, hot sauce or cayenne pepper.

Save half for lunch tomorrow in Sweet Potatoes Stuffed with Tomato Chickpeas & Orzo

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