



Fall Vegetable Orzo

Ingredients

- 1 tablespoon [Fustini's Sage and Wild Mushroom olive oil](#)
- 1 sweet onion, diced
- 4 garlic cloves, minced
- 2 cups cubed butternut squash, in about ½-1 inch cubes
- 8 ounces cremini mushrooms, chopped
- 2 cups chopped kale
- 2 tablespoons [Fustini's Thyme balsamic](#)
- kosher salt and pepper
- ¼ teaspoon freshly grated nutmeg
- 1 cup orzo
- 1 (14 oz) can chickpeas, drained and rinsed
- 2 ½ cups vegetable stock, plus more as needed
- ½ cup finely grated parmesan cheese
- fresh herbs, like parsley, for topping

Sharon's Hint

A great recipe to add your favorite fall vegetables and flavored olive oil or balsamic. Adapted from howsweeteats.com

Directions

Step 1.

Heat the olive oil in a large skillet or dutch oven over medium heat. Stir in the onions and garlic with a pinch of salt and pepper. Stir in the butternut squash with another pinch of salt and pepper. Cook for 5 to 6 minutes, until the squash is beginning to get tender. Stir in the mushrooms. Cook for 5 minutes, until soft. Stir in the kale, cooking for another few minutes until it wilts. Add balsamic to scrape up all the bits of flavor from the pan. Stir in the nutmeg and if you think it needs it, another pinch of salt and pepper.

Step 2.

Stir in the dry orzo pasta. Stir in the chickpeas. Pour in the vegetable stock and let the mixture come to a boil. Reduce it to a simmer, cover the pot, and cook for 15 minutes, until the orzo absorbs the stock and is plumped up. If the orzo isn't finished, cook for a few minutes more. The mixture still might be "wet." If it seems too wet and the orzo is fully cooked, cook it for 5 minutes, stirring often, with the lid off. Stir in the parmesan cheese. Top with fresh herbs and serve!