

Greek Style Cannellini

2qt. Water – for boiling pasta*
2 cloves garlic, pressed
1 lg. onion, chopped
3tbl. Olive oil
2-3 carrots, diced
1 sweet bell pepper (red, yellow, green, or purple)
1cp. Orzo pasta*
1 zucchini (aprox. 6")
1tbl. fresh mint minced (1tsp. dried)
1tbl. fresh dill minced (1tsp. dried)
1/2tsp. fresh majoram (pinch dry)
5 artichoke hearts, drained and chopped (14 oz. can)
1 ½ - 2cp. drained, cooked cannelloni (15 oz. can)
14 ½ oz. can Italian-style stewed tomatoes
Salt & pepper to taste

*= 1cp. long grain rice (any variety) can be substituted for orzo- follow instructions on bag for cooking rice.

Bring water to a boil in a large, covered pot.

While water heats, sauté garlic & onion in 2tbl. of the olive oil in a large skillet on med-high heat. While garlic and onion sauté, dice carrots and chop the bell pepper. Add carrots and peppers to onion and garlic, stir. When water boils, add orzo, return to a boil and simmer for 10 min. or until, al dente. Dice zucchini and stir into vegetable skillet. Add mint, dill and majoram to the veggies. Add artichoke hearts. Then gently fold in beans and stewed tomatoes. Simmer for several minutes, stirring occasionally.

When pasta is al dente, drain it and stir in the remaining 1tbl. of olive oil**. When veggie mixture is hot, add the orzo. Season with salt and pepper to taste.

**= If using rice, let rice settle for 2 min., then fluff with a fork to separate grains before adding olive oil to the rice. Also, up to an additional ½ tbl. of oil may be used if oil doesn't coat all of the rice.