

Choco Fever Dream

Ground Turkey Orzo – Quick Easy Meal

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground turkey (93% lean)
- [ ] 1 cup orzo pasta
- [ ] 1 (14.5 oz) can fire-roasted diced tomatoes
- [ ] 1 medium onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 2 tbsp olive oil
- [ ] 1 cup low-sodium chicken broth
- [ ] Juice of 1 lemon
- [ ] 1/4 cup fresh basil, torn
- [ ] Salt and pepper to taste
- [ ] Pinch red pepper flakes (optional)

Instructions

1. Heat olive oil in a large skillet over medium heat, add the onion and sauté until translucent, about 3-4 minutes.
2. Add the minced garlic and cook for another minute, just until fragrant.
3. Increase heat to medium-high, add the ground turkey, season with salt and pepper, and brown, breaking it up with a wooden spoon, about 5-6 minutes.
4. Stir in the diced tomatoes (with their juices), chicken broth, and red pepper flakes; bring to a gentle simmer.
5. Add the orzo, reduce heat to medium, and cook, stirring occasionally, until the orzo is al dente and has absorbed most of the liquid, about 12 minutes.
6. Remove from heat, stir in lemon juice and fresh basil, adjust seasoning, and let rest for a couple of minutes before serving.

Nutrition per serving

350 kcal	28 g	30 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce becomes too thick, add a splash more broth or water.
- Taste and adjust salt at the end; the broth may already be seasoned.
- A drizzle of extra-virgin olive oil right before serving adds a silky finish.