

# Main Course

## Greek Lamb and Orzo

This is an easy dish to make and can be used for a quick meal on those busy nights. Enjoy with a glass of red wine.

### You'll Need

- 1 pound ground lamb
- 16 ounces canned stewed tomatoes (un-drained)
- 1 stalk celery, cut into 1/2 inch pieces
- 1/2 cup orzo
- 3/4 to 1 teaspoon salt
- 1/4 teaspoon cayenne
- Plain yogurt

### Directions

- Cook and stir ground lamb in 10-inch skillet until lamb is light brown; drain.
- Stir in tomatoes, celery, orzo, salt and cayenne pepper.
- Heat to boiling; reduce heat.
- Cover and simmer about 12 minutes, stirring frequently until tomato liquid is absorbed and orzo is tender.
- Serve with yogurt.



### Play With Your Food

- Leave out cayenne
- Top with fresh parsley
- Use ground beef instead of lamb