

Chicken & Bell Pepper Orzo

9 ingredients · 25 minutes · 4 servings



Directions

1. Heat the oil in a large pan over medium-high heat. Cook the chicken for about five to seven minutes or until opaque on all sides.
2. Add the mushrooms, bell pepper, Italian seasoning, and salt. Cook for five minutes.
3. Stir in the orzo, water, and apple cider vinegar. Bring to a gentle simmer and cook uncovered, stirring occasionally for about 10 to 15 minutes or until the orzo is al dente. Add more water if needed.
4. Season with more salt if needed and divide into bowls. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately 1 1/2 cup.

More Flavor

Add onions, garlic, parmesan cheese, or nutritional yeast. Use broth instead of water.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil (divided)
- 15 **ozs** Chicken Breast (skinless, boneless, cut into 3/4-inch cubes)
- 4 Cremini Mushrooms (diced)
- 1 Orange Bell Pepper (medium, seeds removed, diced)
- 1 **tbsp** Italian Seasoning
- 3/4 **tsp** Sea Salt (to taste)
- 1 **cup** Orzo (dry)
- 1 **cup** Water (or broth)
- 1 **tbsp** Apple Cider Vinegar