

Orzo Carbonara with Bacon & Thyme

Author: Phillis Carey, cookbook author & instructor

***Carolyn T's
Cookbook***

Servings: 6



4 slices thick-sliced bacon, 1/2 inch pieces
2 tablespoons unsalted butter
1 pound orzo
5 cups low-sodium chicken broth, heated to a simmer
1/4 cup heavy cream
1 cup Parmesano-Reggiano Cheese, freshly grated
1 teaspoon fresh thyme, chopped

Categories: Vegetables/Sides, Vegies/Sides

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 426 Calories; 15g Fat (29.5% calories from fat); 22g Protein; 58g Carbohydrate; 2g Dietary Fiber; 31mg Cholesterol; 178mg Sodium. Exchanges: 4 Grain(Starch); 1 1/2 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat.

Notes: This wants to be on the wet side - if the orzo isn't quite done, you may need to add some additional water to keep it wet. It should not be stiff when served, but creamy, soft.

Description: Like traditional carbonara, but easier and lighter

1. Cook bacon in heavy saucepan over medium heat until crisp, about 8 minutes. Using a slotted spoon transfer bacon to paper towels and drain.
2. Pour off all but 1 T. of drippings from pan. Add butter and melt. Add orzo and toss in butter. Add 3 cups chicken broth and bring to a boil. Simmer, uncovered, adding more broth as needed to keep orzo from sticking to bottom the pan. Cook orzo until just tender and broth is absorbed, about 8-10 minutes.
3. Add heavy cream and bring to a simmer. Mix in cheese, bacon and thyme and season with salt and pepper to taste. Serve immediately.