



United States Department of Agriculture  
What's Cooking? USDA Mixing Bowl

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## Wizard's Stew

**Makes:** 12 or 48 Servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Orzo, dry		1-1/4 cups		5 cups
Vegetables, mixed, frozen		3 2/3 cups		13-1/2 cups
Tomato juice, low-sodium		3 cups		12 cups
Basil, ground		1/4 tsp		1 tsp
Thyme, ground		1/4 tsp		1 tsp
Black pepper		1/4 tsp		1 tsp
Beans, kidney, canned		4-1/2 cups		18 cups

## Directions

1. Cook orzo according to directions on package.
2. In a large saucepan, combine tomato juice, vegetables, beans and spices. Bring to a boil.
3. Reduce heat, cover and allow it to simmer for 10 - 15 minutes.
4. Drain orzo. Stir it into mixture.
5. Serve 1 cup servings.

## Notes

Serving Tips:

This soup can also be made using leftover fresh or canned vegetables of any kind.

## My Notes

**Source:** Improving Nutrition & Physical Activity Quality in Delaware Child Care, Team Nutrition Delaware

## Nutrition Information

<b>Nutrients</b>	<b>Amount</b>
Calories	203
Total Fat	1 g
Saturated Fat	N/A
Cholesterol	N/A
Sodium	364 mg
Total Carbohydrate	42 g
Dietary Fiber	9 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	9 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available