

FARRO SOUP



TIME TO PREPARE

15 Minutes



TOTAL TIME

20 Minutes



SERVES 6-8



Ingredients

- 1 tbsp olive oil
- 1 strip bacon or pancetta, diced
- 1 medium onion, diced
- 3 cloves garlic, minced
- 2 stalks celery, diced
- 1 carrot, diced
- 1 cup diced tomato
- 1 tbsp EACH minced rosemary and sage
- 6 cups chicken stock
- 1 large potato, peeled and diced
- 1 can (19 oz.540 mL) white kidney beans, drained and rinsed
- 1 cup cooked farro (see cooking instructions below)
- Salt and freshly ground black pepper

Steps to Make

1. In a large Dutch oven or soup pot, heat oil over medium heat. Cook bacon until softened and tender.
2. Add onion, garlic, celery and carrot; cook until onion is translucent and softened, about 2 to 3 minutes. Add tomatoes, stock, herbs and potato. Bring mixture to a boil, reduce heat, cover and simmer for about 10 to 12 minutes or until potato is tender.
3. Add beans and farro, simmer an additional 5 minutes.
4. Using an immersion blender, partially blend the soup. Season to taste with salt and pepper.
5. Serving into bowls and garnish with a sprig of rosemary or sage.

How To Cook Farro:

- Place 1 cup farro in a bowl and cover with 3 to 4 cups water. Let sit for 1 hours.
- Drain and place in a saucepan with 4 cups water. Bring to a boil, reduce heat to low, cover and cook about 30 to 40 minutes or until farro is tender.
- Drain and let cool. Use in soups, salads and stews.