

Italian Farro e Fagioli Soup

Farro is a traditional Italian grain that has been a rustic staple of Mediterranean cooking for centuries. Rich in fiber and magnesium, this unassuming whole grain can now be commonly found in most American grocery stores. Serves 8

Ingredients:

2 T olive oil
1 large yellow onion, diced
2 stalks of celery, diced
1 large carrot, diced
3 cloves garlic, minced
1 T rosemary, fresh (chopped) or dried
1 T thyme, fresh (chopped) or dried
1 tsp black pepper, ground
1 dried bay leaf
One 15 oz. can cannellini or white beans, low-sodium, drained

One 15 oz. can dark red kidney beans, low-sodium, drained
One 15 oz. can crushed tomatoes, no salt added
One 15 oz. can diced tomatoes, with liquid
3 cups of vegetable broth
 $\frac{3}{4}$ cup farro, uncooked
1 small zucchini, cut into half-moons
2 cups of dark leafy greens (kale, collard, or spinach), rough chopped
1 tsp salt (more to taste)

Instructions:

1. Gather all ingredients and cooking supplies.
2. Heat large heavy stockpot. Add oil. When oil is hot and shimmery, sauté onions, carrots, and celery until softened (about 4 minutes). Add garlic, rosemary, thyme, black pepper, and bay leaf. Cook for 1 to 2 minutes just until garlic is fragrant.
3. Add beans, tomato sauce, diced tomatoes, and vegetable broth. Bring to a boil. Add farro, and reduce heat, cover, and simmer for 15 minutes.
4. Add zucchini and greens. Simmer for another 15 minutes. Add salt to taste.

Nutrition Facts: Calories: 155 | Sodium 330 mg | Carbohydrate 28 g | Fiber 10