

## 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	One 15 oz. can dark red kidney beans, low-sodium, drained
1 large yellow onion, diced	One 15 oz. can crushed tomatoes, no salt added
2 stalks of celery, diced	One 15 oz. can diced tomatoes, with liquid
1 large carrot, diced	3 cups of vegetable broth
3 cloves garlic, minced	$\frac{3}{4}$ cup farro, uncooked
1 T rosemary, fresh (chopped) or dried	1 small zucchini, cut into half-moons
1 T thyme, fresh (chopped) or dried	2 cups of dark leafy greens (kale, collard, or spinach), rough chopped
1 tsp black pepper, ground	1 tsp salt (more to taste)
1 dried bay leaf	
One 15 oz. can cannellini or white beans, low-sodium, drained	

### 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**