



## Mixed Vegetable & Farro Soup

*Makes 4 servings. Recipe from Food & Wine.*

### Ingredients

3 tablespoons extra-virgin olive oil  
2 celery ribs, thinly sliced  
1 medium onion, thinly sliced  
1 medium leek, white and pale green parts only, thinly sliced  
1 cup farro or wheat berries  
1 tablespoon tomato paste  
2 quarts water  
1 can pinto beans, drained and rinsed  
2 large carrots, halved lengthwise and sliced crosswise 1/4 inch thick  
1 ½ cups frozen peas  
Kosher salt & freshly ground black pepper  
2 tablespoons thinly sliced basil

### Nutritional info

Calories	258
Total Fat	11.2g
Cholesterol	0%
Sodium	235mg
Total Carbohydrates	33g
Dietary Fiber	8.5g
Protein	8g
Iron	3mg

### Directions

1. In an enameled cast-iron casserole, heat the oil. Add the celery, onion and leek and cook over moderately high heat, stirring a few times, until softened, 5 minutes.
2. Add the farro and tomato paste and cook, stirring, until the grains are coated and shiny, 30 seconds.
3. Add 1 quart of the water and the beans and bring to a boil. Simmer over low heat for 30 minutes.
4. Add the carrots and the remaining 1 quart of water. Cover and cook over low heat until the carrots are tender, 30 minutes.
5. Add the peas, cover and cook until tender, 5 minutes. Season with salt and pepper, top with the basil.