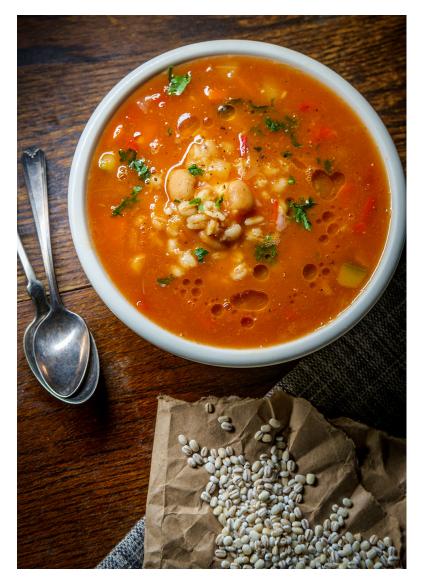


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Mixed Vegetable & Farro Soup

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
- 1½ 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	339
Dietary Fiber	8.59
Protein	89
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.