

# Italian Farro & Beans

## Serves 8

Depending on the type of farro you buy, and its time already spent on the shelf, it may take more than an hour to become tender. Feel free to substitute barley, wheatberries, or spelt for the farro, but adjust for cooking times as needed according to package directions.

- 1 tablespoon extra virgin olive oil
- 1 medium yellow onion, thinly sliced
- 4 celery stalks, cut into 1/4-inch slices
- 2 large carrots, peeled and cut into 1/4-inch slices
- 1 tablespoon tomato paste
- 1 1/2 cups farro
- 8 cups vegetable stock (homemade preferred, see recipe) + more if needed
- Coarse salt and freshly ground pepper
- 1/2 cup lentils
- 1 cup cooked or canned chickpeas, rinsed and drained
- 1 bunch kale, thinly sliced
- 1 cup chopped canned tomatoes
- 2 tablespoons thinly sliced fresh sage leaves
- Freshly grated Parmesan cheese, for serving

**Instructions:** Heat oil in a Dutch oven over medium-high heat. Add onion, half the celery and half the carrots, and cook, stirring often, until vegetables are light gold, about 6 to 8 minutes. Add tomato paste, and cook, stirring, for 30 seconds. Add farro, then stock, and bring to a boil, stirring and scraping up any browned bits on the bottom. Season with salt and pepper. Reduce heat to low, and simmer for 30 minutes.

Add remaining celery and carrots, lentils, chickpeas, kale, tomatoes and sage. Return to a simmer, and cook until lentils and farro are tender, about 30 to 45 minutes more. Add water if needed, but keep in mind that you want a thick, soupy dish with some delicious broth. Season to taste. Divide evenly among bowls. Garnish with a spoonful of cheese.

**Per serving:** 256 calories, 9 g protein, 42 g carbohydrate, 3 g fat (0 saturated), 0 cholesterol, 673 mg sodium, 6 g fiber.