



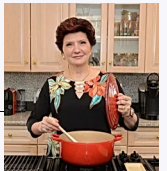
Minestrone with Farro

INGREDIENTS

- 3/4 cup farro
- 1 (32 oz) carton chicken broth
- 1 (12 oz) bag frozen mixed vegetables
- 4 tbsp extra virgin olive oil
- 1/2 medium onion, chopped
- 1 tbsp tomato paste
- 1 large or 2 small Parmesan rinds, diced small
- Salt and pepper to taste
- Grated cheese, optional

DIRECTIONS

1. Bring a large pot of salted water to a boil.
2. Add the rinsed farro.
3. Cook until al dente (25 to 30 minutes from when it comes to a boil).
4. While the farro is cooking, add the olive oil and chopped onion to a separate soup pot.
5. Sauté on medium heat until onion is soft and translucent.
6. Add tomato paste and stir for a few seconds.
7. Add frozen vegetables.
8. Stir for a few more seconds.
9. Add chicken broth and diced Parmesan rinds.
10. Bring to a slow boil.
11. Cover pot and allow the vegetables to cook Al dente.
12. Be careful NOT to overcook them.
13. Drain farro, retaining 2 cups of cooking water.
14. Add the cooked farro and cooking water to the soup pot.
15. Add salt and pepper to taste.
16. Continue cooking for a couple more minutes to allow the flavors to come together.
17. Serve hot, sprinkled with grated cheese and freshly ground pepper.



NONNA'S TIPS

- These directions are for regular, dry farro. Please refer to package directions if you're using partially cooked or pearled farro.
- I use organic frozen vegetables when making my minestrone.
- You may add 1/2 cup of cooked beans to the veggie mix.
- If you do not have and/or cannot find Parmesan rinds, substitute with grated cheese to taste.
- I use farro for extra flavor and nutrients but you may substitute the farro with rice or any small pasta.