



Farro Soup

In the Style of Lucca: Minestra di Faro Lucchese

Ingredients:

3 tbsp olive oil

1 Spanish onion, thinly sliced

2 celery stalks, thinly sliced

1 leek, white and green part only

1 cup farro

1 can northern beans, rinsed & drained

1 tbsp tomato paste

Water

1 1/2 cups fresh green peas

2 large carrots, cut into 1/4-in pieces

2 tbsp fresh basil leaves, chiffonade

Freshly grated Parmigiano-Reggiano

Directions | Yields 4

1. In a 10-inch Dutch oven or stock pot, heat the olive oil over medium-high heat until hot, but not smoking.

2. Add the onion, celery and leek, and cook, stirring occasionally until soft and light golden brown (about 5 minutes). Add the farro, beans and tomato paste, stirring so that the tomato paste is spread throughout the pan. Salt and pepper to taste.

3. Add water until the mixture is completely covered. Let the liquid come to a boil then lower the heat and let soup simmer for 30 minutes.

4. Add the peas and carrots, stirring to combine, and continue to cook for another 30 minutes, adding more water when necessary to keep the soup from getting dry.

To serve, divide evenly between 4 warmed soup bowls and garnish to taste with basil and Parmigiano-Reggiano.

