

Vegetable Beans and Greens Soup with Farro

Chef Jenn Magrey

Ledyard Market

4 tablespoons butter

1 cup onions – small diced

2 cups carrots – small diced

1 cup celery – small diced

2 cloves garlic – minced

10 cups good vegetable broth (can use chicken if desired)

1 cup dried Farro (barley also works great!)

3 cups greens (chard, kale, spinach, escarole, mustard greens, anything works!) – Chopped

2 cans cannellini beans (drained and rinsed)

½ cup parmesan cheese

Salt and pepper to taste

1 teaspoon oregano

1 teaspoon dried basil

In a large soup pot, melt the butter over medium heat.

Add the carrots, celery and onions and sprinkle with a little salt and pepper. Sweat them for about 5 minutes, stirring occasionally.

Add the broth, farro, oregano and basil and let this simmer on medium low for about 35-40 minutes to let the farro cook.

Add the greens, beans and the parmesan cheese and let this simmer for about 15 minutes to let the greens cook. Taste if it needs more salt and pepper.

Serve with a little parmesan on top!

Yum!