



Simple | Healthy | Delicious

Rustic Farro Soup with Sausage and Mushrooms



INGREDIENTS

1/4 cup olive oil
1/2 cup chopped carrots
1/2 cup chopped celery
1/2 cup chopped yellow onions
2 tablespoons finely chopped garlic
1/2 pound Italian sausage cut into small pieces
1/2 pound mushrooms, coarsely chopped
1 cup canned diced tomatoes
1 cup dry red wine
2 1/2 cups beef broth
2 1/2 cups mushroom broth
Crushed red pepper to taste
7 cups farro
1/2 pound escarole, chopped
1 teaspoon salt
1/2 teaspoon pepper
3 tablespoons chopped thyme
Grated Parmesan cheese

DIRECTIONS:

1. In a soup pot, heat oil over medium high heat, then add the carrots, celery, onions and garlic and cook until onions become translucent. Add sausage. When it starts to brown, add mushrooms and continue to cook, stirring occasionally. When mushrooms have released most of their liquid, add tomatoes, wine, broths, crushed red pepper and farro. Cover and bring to a boil. Reduce heat and simmer until farro is almost tender, about 45 to 60 minutes. (You can add more liquid if a thinner soup is desired.) Add escarole, salt and pepper. Simmer for approximately 3 minutes, then add thyme.
2. Serve soup hot, with a drizzle of olive oil and a bit of Parmesan cheese sprinkled over the top.