

Farro Soup

simple
healthy
delicious

Ingredients

- 6-8 ounces Nature's Earthly Choice™ Farro, in whole grains
- ¾ pound ripe plum tomatoes
- 2-3 ounces pancetta
- Grated pecorino toscano cheese, or Parmigiano
- 2 cloves garlic
- 1 onion, finely sliced
- A small bunch parsley
- A few sprigs thyme
- Olive oil Salt & pepper to taste
- 1 quart hot broth



Directions

1. Mince the pancetta and sauté it in a couple of tablespoons of olive oil, together with the thyme, finely sliced onion, and garlic cloves. When the mixture has browned, remove and discard the garlic, and stir in the chopped tomatoes, parsley and basil. Cook for a few minutes, then stir in the hot broth, and once the pot comes to a boil, the Farro.
2. Cook over a low flame for about 2 hours or until the Farro is done (taste a grain), stirring often, and checking the seasoning towards the end. Let the soup sit for an hour and serve it warm, with olive oil and grated cheese.