



## Farro Minestrone Soup

### Ingredients:

- 3 tablespoons olive oil
- 1 medium yellow onion, diced
- 2 tablespoons minced garlic
- 4 medium carrots, sliced
- 4 celery stalks, sliced

- 1 cup red cabbage, chopped
- 2 tablespoons tomato paste
- 2 teaspoons dried oregano
- 2 teaspoons dried parsley
- 28 ounces canned diced tomatoes
- 4 to 5 cups vegetable broth
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- 15 ounces canned cannellini beans

- 1 package Nature's Earthly Choice™ Microwavable Farro
- Parmesan cheese (optional)

### Directions:

1. In a large pot over medium heat, warm the olive oil. Add the onion and cook until clear, about 5 minutes.
2. Add the garlic, carrots, celery, cabbage, tomato paste, oregano, and parsley. Cook for 7 to 10 minutes.
3. Add the diced tomatoes (with juice), broth, salt, and pepper. Simmer for 20 minutes.
4. Stir in the beans and farro. If you'd like, add 2 to 3 cups of greens. Simmer for another 5 minutes. Top with Parmesan cheese and serve.