

Mushroom Farro Soup

Swick

Serves 1 | Active Time: 40 minutes | Total Time: 40 minutes

Chef's Notes

Suggested adult serving: 3 cups

Store any leftover soup in an airtight container in the refrigerator for up to 3 days.

White Wine: You can substitute low-sodium vegetable broth for the wine, if you prefer.

Step 1: Make the Soup

- 12 ounces button or cremini mushrooms, sliced
- 3 carrots chopped ($\approx 1 \frac{1}{2}$ cups)
- $\frac{3}{4}$ yellow onion chopped ($\approx \frac{3}{4}$ cup)
- 1 $\frac{1}{2}$ stalks celery chopped ($\approx \frac{3}{4}$ cup)
- 4 $\frac{1}{2}$ cloves garlic minced ($\approx 1 \frac{1}{2}$ tablespoons)
- $\frac{1}{3}$ cup white wine (or sub veggie broth)
- 3 tablespoons tomato paste
- 4 $\frac{1}{2}$ cups low-sodium vegetable broth
- $\frac{3}{4}$ teaspoon dried thyme
- 1 $\frac{1}{2}$ fresh bay leaves
- 3 oz kale stemmed & chopped (≈ 3 cups)
- 1 $\frac{1}{2}$ tablespoons apple cider vinegar
- freshly ground black pepper
- sea salt (optional)

PREPARE GRAINS

Prepare farro according to package instructions. Let cool, then fluff farro with a fork.

SAUTÉ VEGETABLES

In a large saucepan over medium heat, cook mushrooms, carrots, onions, celery, and garlic, stirring occasionally, for 3 to 4 minutes. Add white wine 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking.

START SOUP

Add tomato paste to pan and cook until it starts to brown, 1 to 2 minutes. Add any remaining wine, vegetable broth, thyme, and bay leaf. Increase heat to high, cover, and bring to a boil. Reduce heat to medium-low and simmer until vegetables are tender, 5 minutes.

FINISH SOUP

Add cooked farro and kale to pan. Remove bay leaf. Simmer until flavors meld, 5 minutes. Add cider vinegar.

SERVE

Season with salt and pepper to taste.