

Farro Soup with Kale and Cannellini

- 1 cup farro (whole grain—get at health store)
- 1 tablespoon olive oil
- 1 large onion, diced
- 1 medium carrots, diced
- 2 stalks celery, diced
- 3 cloves garlic, minced
- 1 cup dried cannellini beans, soaked overnight in ample water
- 8 cups water
- 4 teaspoons chicken bouillon granules
- 1 15-ounce can diced tomatoes with liquid
- 1/2 teaspoon salt plus more to taste
- 1/2 bunch kale
- 1/2 cup chopped fresh basil
- Black pepper to taste
- 1/4 cup grated parmesan cheese

Set the farro in a large bowl and add ample cold water to cover. Set aside while you cook the beans. Heat 1 tablespoon of the oil in a large, heavy pot over medium-high heat. Stir in the onion, carrot and celery. Cook until the onion softens, about 3 minutes. Add the garlic and continue to cook until the onion is lightly browned, a few minutes more. Drain the cannellini beans and add them to the pot. Add water and chicken bouillon granules. Bring the liquid to a boil, then cover the pot and simmer until the beans are almost tender, 40-60 minutes. Drain the farro and add farro, tomatoes and salt to the pot. Return to a boil, then cover and simmer for 10 minutes. Meanwhile, prepare the kale: Wash the leaves well in running water to remove grit. Trim and discard the tough stems from the leaf centers and coarsely chop the leaves. When the farro has simmered for 10 minutes, stir in the kale gradually, adding more as each batch wilts. Cover and continue cooking until the beans, farro and kale are tender, usually 10-20 minutes more. Add the basil and salt and pepper to taste. Serve in bowls sprinkled with cheese.