



Kale White Bean and Farro Stew

Savannah · 28/09/2024



Prep Time

1 hr 50 mins

Difficult

Medium

Servings

6

Description

This farro stew recipe is a spin on a classic Italian bean and farro soup but heartier and with more vegetables. You can use chicken stock if you prefer. Garnish with Parmesan cheese.

Ingredients

- 1 (15 ounce) can cannellini beans - 3 tablespoons extra-virgin olive oil - 3 stalks celery
- thinly sliced - 3 carrots
- chopped - 1 Spanish onion
- chopped - 1 leek (white and light green part only)
- thinly sliced - 2 cloves garlic
- minced - 1 cup farro - 2 cups water
- or more if needed - 1 (15 ounce) can cannellini beans
- drained and rinsed - 1 (15 ounce) can diced tomatoes - 1 ½ cups low-sodium vegetable broth - 1 zucchini
- diced (Optional) - 1 tablespoon tomato paste - 1 tablespoon dried thyme - ¼ teaspoon red pepper flakes - 1 bunch kale
- leaves stripped from stems and coarsely chopped - 1 tablespoon salt - 1 tablespoon freshly ground black pepper

Instructions

1. Blend contents of 1 can cannellini beans with its liquid in a blender until puréed. Set aside. Heat olive oil in a large pot over medium heat. Cook and stir celery
2. carrots
3. Spanish onion
4. and leek in hot oil until onion is translucent
5. about 5 minutes. Add garlic and continue cooking until fragrant
6. 1 to 2 minutes more. Stir farro into vegetable mixture; add water
7. puréed cannellini beans
8. drained cannellini beans
9. tomatoes
10. vegetable broth
11. zucchini
12. tomato paste
13. thyme
14. and red pepper flakes. Stir together well and bring to a boil; reduce heat to medium-low
15. cover the pot
16. and simmer until farro is tender
17. 45 minutes to 1 hour. Stir kale
18. salt
19. and pepper into stew. Add more water if needed to keep everything covered in liquid. Continue cooking until kale is bright green and fully tender
20. about 30 minutes more.