



Vegetarian Farro Skillet

Jacob · 29/09/2024



Prep Time

1 hr 5 mins

Difficult

Medium

Servings

6

Description

This vegan recipe features pearled farro combined with zucchini black beans and fire-roasted tomatoes for an easy vegetarian skillet meal

Ingredients

- - 1 ½ cups farro
- uncooked - 1 (14 ounce) can vegetable broth - 1 (14.5 ounce) can Hunt's fire-roasted diced tomatoes
- undrained - 2 tablespoons Pure Wesson canola oil
- divided - 2 cups quartered lengthwise
- sliced zucchini - 1 teaspoon ground cumin - ½ teaspoon salt - ½ cup diced green bell pepper - ½ cup chopped yellow onion - ½ cup fresh corn kernels - 1 teaspoon finely chopped garlic - 1 (15 ounce) can black beans
- drained
- rinsed - 3 tablespoons chopped fresh cilantro

Instructions

1. Stir farro
2. broth
3. undrained tomatoes and 1 tablespoon oil together in a medium saucepan. Bring to a boil over medium-high heat. Cover
4. reduce the heat
5. and simmer for 25 minutes
6. or until the liquid is absorbed. Heat remaining 1 tablespoon oil in a large skillet over medium-high heat. Add zucchini and sprinkle with 1/2 each of the cumin and salt; cook for 5 to 7 minutes
7. or until tender and browned
8. stirring occasionally. Remove from the skillet; set aside and keep warm. Add bell pepper
9. onion
10. corn
11. and garlic to the skillet. Sprinkle with remaining cumin and salt and cook for 5 minutes
12. stirring occasionally. Stir in beans
13. heat for 2 minutes. Return zucchini to the skillet along with cooked farro; stir to combine. Top with cilantro before serving.