

**SOUP KALE AND VEGETABLE SOUP WITH FARRO**

This is similar to an Italian vegetable soup, only better (and easier), with added nutrients from the kale and a quick-cooking and delicious Italian grain called farro. A type of wheat imported from Italy, farro offers a mildly chewy, nutty flavor, similar to barley (which can be substituted if farro is unavailable). For a vegetarian version, add water instead of stock plus two Parmigiano-Reggiano cheese rinds.

**SERVES 6**

2 tablespoons extra-virgin olive oil  
 1 onion, diced  
 1 whole leek, trimmed, cut in half lengthwise, rinsed, and sliced  
 2 cloves garlic, minced  
 8 cups chicken stock  
 2 large carrots (about 2 cups), cut in half lengthwise and sliced  
 2 stalks celery, diced  
 1 tablespoon chopped fresh thyme  
 1/2 cup farro\*  
 1 to 2 teaspoons kosher salt  
 1/2 bunch (about 3 cups lightly packed) kale, stems removed, chopped  
 1 (14-ounce) can diced tomatoes, with juices  
 Freshly ground black pepper  
 Parmigiano-Reggiano cheese, to taste

1 In a soup pot, heat the oil and sauté the onion over medium heat for 8 minutes, stirring occasionally. Add the leek and sauté until softened, about 4 minutes. Add garlic and sauté another 1 to 2 minutes. Add stock, carrots, celery, thyme, farro, and 1 teaspoon salt and bring to a boil. Turn heat to low and simmer, partially covered, for 15 minutes.

2 Stir in chopped kale and the tomatoes. Bring to a boil again, turn to low, and simmer, partially covered, 15 to 20 minutes, until farro and kale are tender. Taste the soup and add additional salt if needed, plus a few grinds of pepper. Top each bowl with Parmesan cheese for more depth of flavor.

\* Using barley instead of farro: Farro can be found in Whole Foods Market in the dried pasta section, or in an Italian market. If you can't find farro, use 1/3 cup of barley and increase the cooking time in step one to 30 minutes, for a total of about 50 minutes.

PAIR WITH SIDE ON PAGE 138.