



## Farro & Leek Soup

READY IN



45 min.

SERVINGS



4

CALORIES



661 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 olive oil
- 2 leek white sliced finely
- 1 cup farro
- 1 stalk celery diced finely
- 1 carrots diced finely
- 1 onion diced finely
- 1 liter bouillon cubes for this! there are only 3 ingredients & they should be of the highest quality possible. (vegetable or chicken stock is OK, however meat stock adds richer flavor)
- 1 leaf herbs like: thym

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- 2 tablespoons parmesan freshly grated
- 4 servings salt and pepper

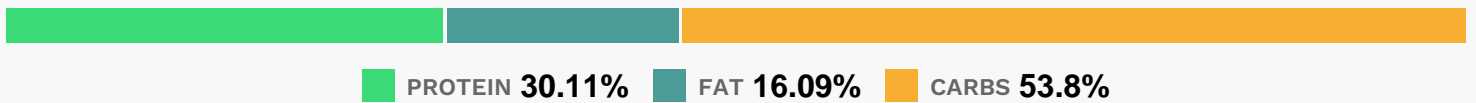
## Equipment

- frying pan
- pot

## Directions

- In a heavy bottomed pot, heat olive oil on med/low heat.
- Add in the vegetables and sweat until translucent and soft WITHOUT browning. If the vegetables stick to the pan, lower the heat & add a spoonful of water.
- Then toss in the farro, toasting with the vegetables for 1-2 minutes.
- Add in the herbs & stock. Season with salt & pepper.
- Then Bring up to a low simmer and continue to simmer for 30-40 minutes until the farro is tender.
- You can control the consistency of the soup: to make it more 'stewy' hold back a little stock, and the contrary if you like it 'soupy,' add a bit more stock.
- Drizzle with extra virgin olive oil, sprinkle of Parmesan cheese and serve with toasty bread.

## Nutrition Facts



## Properties

Glycemic Index:76.21, Glycemic Load:2.89, Inflammation Score:-10, Nutrition Score:37.435217391304%

## Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

## Nutrients (% of daily need)

Calories: 661.13kcal (33.06%), Fat: 11.94g (18.37%), Saturated Fat: 5.61g (35.09%), Carbohydrates: 89.85g (29.95%), Net Carbohydrates: 80.19g (29.16%), Sugar: 40.45g (44.95%), Cholesterol: 11.7mg (3.9%), Sodium: 60266.89mg (2620.3%), Protein: 50.3g (100.59%), Selenium: 89.05µg (127.22%), Manganese: 1.91mg (95.72%), Phosphorus: 721.92mg (72.19%), Vitamin A: 3394.33IU (67.89%), Vitamin B3: 10.96mg (54.78%), Magnesium: 184.07mg (46.02%), Iron: 7.92mg (44.02%), Vitamin B1: 0.65mg (43.21%), Vitamin B12: 2.53µg (42.17%), Vitamin B2: 0.7mg (41.24%), Vitamin B6: 0.8mg (39.91%), Fiber: 9.66g (38.65%), Potassium: 1346.37mg (38.47%), Folate: 132.22µg (33.05%), Vitamin K: 29.49µg (28.08%), Calcium: 236.72mg (23.67%), Copper: 0.29mg (14.37%), Zinc: 1.81mg (12.09%), Vitamin B5: 1.07mg (10.66%), Vitamin C: 8.67mg (10.51%), Vitamin E: 0.63mg (4.23%)