



Mixed Vegetable and Farro Soup



Vegetarian



Vegan



Dairy Free

READY IN



165 min.

SERVINGS



50

CALORIES



38 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons basil thinly sliced
- ☐ 1 can pinto beans drained and rinsed
- ☐ 2 large carrots halved lengthwise sliced
- ☐ 2 rib celery thinly sliced
- ☐ 50 servings juniper grissini
- ☐ 1 medium leek white green thinly sliced
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 medium onion thinly sliced

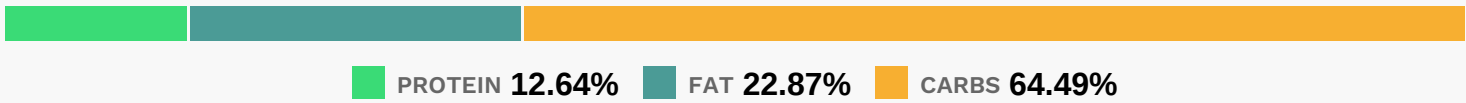
- ☐ 1.5 cups peas frozen
- ☐ 50 servings salt and pepper black freshly ground
- ☐ 1 tablespoon tomato paste
- ☐ 2 quarts water
- ☐ 1 cup wheat berries

Equipment

Directions

- ☐ In an enameled cast-iron casserole, heat the oil.
- ☐ Add the celery, onion and leek and cook over moderately high heat, stirring a few times, until softened, 5 minutes.
- ☐ Add the farro and tomato paste and cook, stirring, until the grains are coated and shiny, 30 seconds.
- ☐ Add 1 quart of the water and the beans and bring to a boil. Simmer over low heat for 30 minutes.
- ☐ Add the carrots and the remaining 1 quart of water. Cover and cook over low heat until the carrots are tender, 30 minutes.
- ☐ Add the peas, cover and cook until tender, 5 minutes. Season with salt and pepper, top with the basil and serve with Juniper Grissini.

Nutrition Facts



Properties

Glycemic Index:7.48, Glycemic Load:0.81, Inflammation Score:-4, Nutrition Score:1.9778260770051%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 38.45kcal (1.92%), Fat: 1.02g (1.56%), Saturated Fat: 0.15g (0.93%), Carbohydrates: 6.45g (2.15%), Net Carbohydrates: 5.03g (1.83%), Sugar: 0.7g (0.78%), Cholesterol: 0mg (0%), Sodium: 38.23mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.53%), Vitamin A: 553.95IU (11.08%), Fiber: 1.43g (5.71%), Manganese: 0.08mg (3.75%), Vitamin K: 3.53µg (3.36%), Vitamin C: 2.43mg (2.95%), Iron: 0.45mg (2.52%), Folate: 7.1µg (1.77%), Copper: 0.03mg (1.73%), Potassium: 54.63mg (1.56%), Phosphorus: 15.27mg (1.53%), Magnesium: 6.04mg (1.51%), Vitamin E: 0.23mg (1.51%), Vitamin B1: 0.02mg (1.35%), Vitamin B6: 0.03mg (1.28%), Calcium: 11.23mg (1.12%)