



Seriously Italian: Zuppa di Farro

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



230 kcal

SIDE DISH

Ingredients

- 1 bay leaves
- 6 cups beef stock
- 2 cups farro
- 0.5 teaspoon thyme dried fresh
- 1 medium clove garlic peeled smashed
- 3 tablespoons olive oil
- 1 medium onion diced
- 2 ounces pancetta diced

- 1 cup plum tomatoes canned crushed chopped
- 10 servings salt and pepper to taste

Equipment

- bowl
- pot
- blender

Directions

- Place the farro in a large bowl and cover it with one quart of cold water.
- Let the farro soak for two hours, then drain it, discarding the water.
- Heat the oil in a large stockpot and add the garlic clove.
- Let the garlic sizzle and cook in the oil until it begins to turn golden brown, then remove it.
- Add the diced onion and pancetta to the oil, stirring it well. Season this mixture with a pinch of salt and stir, sautéing on low heat until the onions and pancetta soften and turn translucent at the edges. Stir in the herbs and sauté for another minute. Do not allow the mixture to brown.
- Add the tomatoes to the pot and stir, then add the farro, 4 cups of the stock, and 1 cup of water. Bring the mixture to a gentle simmer, then cover the soup and lower the heat. Simmer the soup covered for 45 minutes, stirring every 10 to 15 minutes. As the moisture absorbs, add more stock to the pot, a cup or so at a time, keeping the grains loose and suspended in liquid.
- When the farro is tender, the soup is done. Allow it to cool for about 30 minutes in the pot.
- Remove about 2 cups of the soup to a blender container and puree it smooth. Stir the pureed mixture into the soup, and add more stock if necessary. The soup should not be thick or gloppy, but loose and liquid.
- Return the soup to the heat before serving; garnish with parsley, a dribble of olive oil and a grating of cheese.
- Leftovers advice: Store extra soup for up to three days. The soup will continue to absorb moisture as it sits, so you may have to thin it to the proper consistency with water or additional stock before reheating.

Nutrition Facts



■ PROTEIN 13.38% ■ FAT 27.18% ■ CARBS 59.44%

Properties

Glycemic Index:9.5, Glycemic Load:0.5, Inflammation Score:-5, Nutrition Score:10.122173936471%

Flavonoids

Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 229.57kcal (11.48%), Fat: 7.11g (10.94%), Saturated Fat: 1.49g (9.34%), Carbohydrates: 34.98g (11.66%), Net Carbohydrates: 28.24g (10.27%), Sugar: 2.19g (2.43%), Cholesterol: 3.74mg (1.25%), Sodium: 521.83mg (22.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.87g (15.74%), Manganese: 0.58mg (29.04%), Fiber: 6.74g (26.95%), Selenium: 18.05µg (25.78%), Vitamin B3: 3.48mg (17.42%), Phosphorus: 150.64mg (15.06%), Potassium: 463.5mg (13.24%), Copper: 0.26mg (13.11%), Vitamin B6: 0.23mg (11.73%), Magnesium: 46.26mg (11.57%), Vitamin B2: 0.19mg (11.13%), Vitamin B1: 0.15mg (10.28%), Iron: 1.6mg (8.86%), Zinc: 1.23mg (8.2%), Vitamin K: 6.33µg (6.03%), Vitamin E: 0.79mg (5.24%), Vitamin C: 4.18mg (5.06%), Folate: 17.88µg (4.47%), Vitamin A: 210.74IU (4.21%), Calcium: 30.03mg (3%), Vitamin B5: 0.18mg (1.81%)