



Toasted Spelt Soup with Escarole and White Beans

READY IN



45 min.

SERVINGS



8

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce cannellini beans rinsed canned
- ☐ 1 carrots coarsely chopped
- ☐ 1 celery stalks coarsely chopped
- ☐ 0.5 head endive
- ☐ 1 small fennel bulb cored coarsely chopped
- ☐ 2 garlic clove chopped
- ☐ 8 servings pepper freshly ground
- ☐ 12 cups chicken broth low-sodium

- ☐ 2 tablespoons olive oil plus more for serving
- ☐ 1 medium onion coarsely chopped
- ☐ 3 ounces pancetta cut into 1/4" pieces
- ☐ 8 servings parmesan shaved (for serving)
- ☐ 0.8 teaspoon pepper red crushed
- ☐ 1 cup farro
- ☐ 1 tablespoon tomato paste

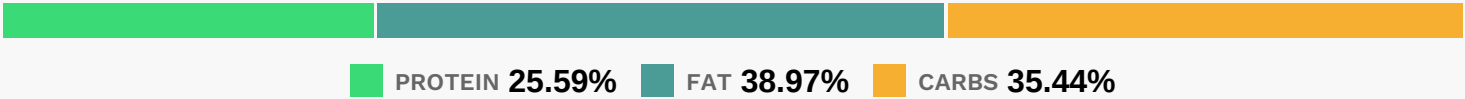
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ Pulse onion in a food processor until finely chopped.
- ☐ Transfer to a medium bowl. Repeat with fennel, carrot, and celery, placing vegetables in bowl with onion.
- ☐ Heat 2 tablespoons oil in a large pot.
- ☐ Add pancetta and cook, stirring often, until golden brown, about 3 minutes.
- ☐ Add spelt and cook, stirring often, until grains are a couple of shades darker, about 3 minutes.
- ☐ Add onion, fennel, carrot, celery, and garlic to pot; season with salt and pepper. Cook, stirring occasionally, until vegetables are softened, 6–8 minutes.
- ☐ Add tomato paste and red pepper flakes, and cook until paste is slightly darkened, about 1 minute.
- ☐ Add broth to pot, bring to a boil, reduce heat, and simmer, partially covered, until spelt is tender, 60–70 minutes. Stir escarole and beans into soup and cook until escarole is wilted and beans are warmed through, about 4 minutes.
- ☐ Serve soup drizzled with oil and topped with Parmesan.
- ☐ DO AHEAD: Soup can be made 2 days ahead. Cover and chill.
- ☐ Semi-pearled farro or wheat berries

Nutrition Facts



Properties

Glycemic Index:53.23, Glycemic Load:12.7, Inflammation Score:-9, Nutrition Score:26.035652295403%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 409.71kcal (20.49%), Fat: 18.47g (28.41%), Saturated Fat: 7.64g (47.74%), Carbohydrates: 37.78g (12.59%), Net Carbohydrates: 30.48g (11.08%), Sugar: 4.77g (5.3%), Cholesterol: 27.42mg (9.14%), Sodium: 708.28mg (30.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.28g (54.57%), Vitamin K: 90.09µg (85.8%), Manganese: 1.17mg (58.37%), Phosphorus: 498.1mg (49.81%), Calcium: 452.58mg (45.26%), Vitamin A: 2252.13IU (45.04%), Vitamin B3: 7.39mg (36.94%), Fiber: 7.3g (29.2%), Potassium: 962.3mg (27.49%), Copper: 0.5mg (24.9%), Folate: 98.85µg (24.71%), Iron: 4.22mg (23.45%), Magnesium: 87.72mg (21.93%), Zinc: 2.97mg (19.78%), Selenium: 12.88µg (18.4%), Vitamin B2: 0.3mg (17.84%), Vitamin B1: 0.21mg (14.09%), Vitamin B12: 0.77µg (12.79%), Vitamin B6: 0.25mg (12.27%), Vitamin E: 1.71mg (11.43%), Vitamin C: 7.49mg (9.08%), Vitamin B5: 0.9mg (8.96%), Vitamin D: 0.19µg (1.28%)