

## Tuscan Farro Soup

*Serves 4 - 6*

- 1 onion, diced
- 2 celery ribs, diced
- 2 – 3 carrots, peeled and diced
- Extra virgin olive oil Kosher salt and freshly-ground black pepper
- 4 cloves garlic, minced
- 1 can fire roasted tomatoes, chopped
- 1 can white beans, drained and rinsed
- 1 cup farro
- 2 cups beef stock
- 3 – 4 cups hot water
- Boquet garni
- Thyme leaves for garnish

Heat some oil in the bottom of a heavy-bottomed pot. Add the onion, celery, and carrots, and season with salt and pepper. Cook until the vegetables begin to soften – about 8 minutes. Add the garlic and cook another 2 minutes. Add the tomatoes, beans, farro, beef stock, boquet garni, and enough water to cover everything. Bring to a boil and reduce to a simmer. Simmer until the farro is tender – about 45 minutes. Add more water as necessary. Remove the boquet garni and serve.