

Escarole Soup with Farro



Sirve:

10-12 servings

Pieza:

6 Qt. Grand Gourmet with Cover (Limited Edition)
Saladmaster Food Processor

Valora: ☆☆☆☆☆

Contribuido por:

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Descripción de la Receta:

Escarole, a member of the chicory family is a leafy green rich in Vitamins A & C and fiber. Escarole has a slightly bitter flavor, that gets sweeter when cooked. Farro is an ancient grain, once a mainstay of ancient Rome. It has a slightly nutty flavor and chewy texture and cooks in only 30 minutes. Soak Farro overnight in water to reduce cooking time and help to make it more easily digested.

1 medium
onion, sliced, use Cone #4
2 stalks
celery, sliced use Cone #4
4 cloves
garlic, shredded, use Cone #1
2 cups
Farro, rinsed
(296
g)
6 cups
vegetable stock
(1.4
ml)
28 oz
crushed tomato
(682
g)
2 each
bay leaves
2 tsp
Italian herb mix
(6
g)
1 tsp
natural salt
(5
g)

1/2 tsp
 fresh ground pepper
 (1
 9)
 1 head
 escarole, washed and cut into bite sized pieces
 3 cups
 Cannellini beans, cooked
 (546
 g)
 Optional: pinch of crushed red pepper, shaved parmesan cheese

Preparación :

1. Preheat Grand Gourmet over medium heat for 5-7 minutes until a small sprinkle of water skitters and dissipates.
2. Sauté onion, celery and garlic for 2-3 minutes.
3. Add Farro, vegetable stock, crushed tomato, bay leaves, Italian herbs, salt and pepper.
4. Add escarole, stirring to incorporate into other ingredients.
5. Cover and when Vapo-Valve™ begins to click, turn to low and cook for 30 minutes.
6. Remove cover, stir in cannellini beans and cook for 5 minutes.
7. Remove bay leaves from soup and discard.
8. Serve soup hot with shaved parmesan cheese on top if desired.

Consejos:

- Substitute cannellini beans for Italian style flat green beans.

Información nutricional por ración

Calorías:	230
Grasa Total:	7g
Grasa	1g
Saturada:	
Colesterol:	4mg
Sodio:	740mg
Carbohidratos:	32g
Fibra	8g
Dietética:	
Azúcar:	2g
Proteína:	12g