

Fluffy Farro & Garlicky Bean Soup

Ingredients

1

LeafSide Golden
Garlic Bean Soup

1 package

farro

1/4 cup

packed Italian
parsley

2

red, white, or purple
radishes

1

carrot

Share this Tuscan-inspired, richly seasoned soup with your loved ones by adding nutty & chewy farro to extend the servings. Farro may be an ancient type of wheat, but it works well in modern recipes! The hearty grains are packed with healthy complex carbs; and, they pair perfectly with the creamy cashew-based broth filled with sweet carrots and savory garlic & onions. Each spoonful of feel-good flavor delivers conveniently quick nutrition and long-lasting satisfaction!

Makes 2 Servings

PREP TIME: 15 minutes • COOK TIME: 30 minutes

♦ Tools Needed: stove

1. Cook desired amount of farro as directed on package.
2. Prepare LeafSide's Golden Garlic Bean Soup as directed while the farro cooks.
3. Chop Italian parsley, slice radishes, and grate a carrot.
4. Fill half of two bowls with the cooked farro and the other halves with the LeafSide meal.
5. Top the farro with Italian parsley and the soup with radishes and carrot as desired.

Other suggested toppings: shallots or red or green onions, green cabbage, bok choy, spinach, kale, collard greens, lemon juice.



Use precooked farro to reduce cooking time to as little as 10 minutes.

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*Unique Whole
Plant Foods*

The Whole Grain Wonder

In the quest for optimal health, ancient grains like Farro emerge as nutritional champions. This time-honored grain offers more than sustenance; it is a dense source of fiber, vitamins, and minerals supporting our well-being. Farro, with its rich, nutty flavor and satisfying chewiness, is a testament to the enduring wisdom of ancient diets. Integrating Farro and other whole grains into our meals can improve gut health, enhance satiety, and reduce the risk of chronic diseases, including heart conditions and diabetes. Embrace the wholesome goodness of Farro and discover how these ancient kernels of nutrition can contribute to a modern lifestyle of health and vitality.



Have Feedback?

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Lunch | Dinner