

Kale & Farro Soup

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- 4 tablespoons olive oil
- 2 leeks, finely chopped
- 2 garlic cloves, minced
- 1 tablespoon fresh thyme, chopped
- 6 cups vegetable stock
- 2 large carrots, diced
- 2 stalks celery, diced
- 2 cups farro
- salt/pepper to taste
- 1 large bunch kale, stalks removed and leaves roughly torn.
- 400g can diced tomatoes
- parmesan cheese, to serve

Equipment:

- chopping board
- knife
- large pot
- wooden spoon
- parmesan

Method:

1. Heat olive oil in a large pot and add leeks. Cook until softened, then add the garlic and thyme and cook for another minute.
2. Add stock, carrots, celery, faro and salt and bring to the boil. Simmer for 15 minutes, partially covered.
3. Add kale and tomato and simmer until kale is tender and farro is cooked, about 20-25 minutes.
4. Season soup to taste and serve with grated parmesan.