



Minestrone with Farro

& Spicy Sizzling Garlic



40-50min



2 Servings

How do we beat the winter blues? By ladling up a steamy bowl of hearty minestrone. We've swapped the pasta with whole grains and employed creamy pinto beans. Kale add a nutritional punch of iron and vitamin C, and the spicy sizzling garlic oil adds a mouth-tingling warmth. If you don't like spice, you can make the garlic oil without the crushed red pepper in step 5.

What we send

- 1 yellow onion
- garlic
- 1 bunch curly kale
- ¼ oz fresh rosemary
- 14½ oz can whole peeled tomatoes
- 15 oz can pinto beans
- 4 oz farro ¹
- 1 pkt crushed red pepper
- 2 mini French rolls ¹

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium Dutch oven or pot
- small skillet

Allergens

Wheat (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 730kcal, Fat 22g, Carbs 104g, Protein 26g



1. Prep ingredients

Finely chop **1½ cups onion**. Finely chop **1 teaspoon garlic**; reserve **2 large whole garlic cloves** for step 5. Strip **kale leaves** from stems, then chop leaves into bite-sized pieces, discarding stems.

Pick and coarsely chop **1 tablespoon rosemary leaves**, discarding stems. Cut **tomatoes** in can with kitchen shears until coarsely chopped.



4. Finish soup

Add **beans and their liquid, ½ cup farro**, and **4 cups water** to pot. Cover and bring to a boil.

Arrange lid to partially cover only; cook over medium heat until grains are tender and soup is flavorful, about 18-20 minutes. Season to taste with **salt** and **pepper**.



2. Sauté aromatics

Heat **1 tablespoon oil** in a medium Dutch oven or pot over medium-high. Add **chopped onions and garlic**; cook, stirring occasionally, until lightly browned, 5-7 minutes.

Stir in **half of the chopped rosemary leaves**, and cook, about 1 minute. Add **tomatoes**; cook, stirring occasionally, until liquid is nearly evaporated, about 5 minutes.



5. Make spicy garlic oil

While **soup** cooks, very thinly slice **reserved whole garlic cloves**. In a small skillet, combine sliced garlic, **all of the crushed red pepper** (or leave out red pepper for optional garnish), **remaining chopped rosemary**, and **¼ cup oil**. Cook over medium heat until sizzling and garlic is just beginning to brown, about 3 minutes. Carefully transfer to a heatproof bowl.



3. Add kale

Add **kale** and cook, stirring, until just wilted, about 1 minute. Preheat broiler with a rack in the top position.



6. Toast bread & serve

Split **rolls** horizontally and broil directly on the top oven rack until toasted, turning once, 1-2 minutes per side (watch closely as broilers vary). Drizzle cut side with **olive oil** and sprinkle with **salt**.

Spoon **soup** into bowls and drizzle with some of the **spicy garlic oil**. Serve **rolls** alongside for dipping. Enjoy!