



Hearty Farro & Kale Soup

with Cheesy Garlic & Herb Bread



40-50min



2 Servings

This humble soup requires barely any work: few ingredients, minimal stirring, and little cook time. Wholesome grains simmer with warm aromatics, kale, and carrots in a soulful vegetable broth. The final touch: cheesy garlic bread with a hint of parsley. Gorgeous, satisfying, and easy—the proof is in the pudding...or the soup, in this case.

What we send

- 3 oz carrots
- 1 yellow onion
- 1 bunch curly kale
- 4 oz farro ²
- 2 pkts vegetable broth concentrate
- 2 Portuguese rolls ²
- 2 (2 oz) shredded cheddar-jack blend ¹
- garlic
- ¾ oz Parmesan ¹
- ¼ oz fresh parsley

What you need

- butter ¹
- olive oil
- kosher salt & ground pepper

Tools

- medium Dutch oven or pot
- microplane or grater

Allergens

Milk (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 820kcal, Fat 41g, Carbs 76g, Protein 33g



1. Prep ingredients

Set **1 tablespoon butter** in a small bowl out to soften.

Scrub and trim ends from **carrot**; halve lengthwise and thinly slice into half moons. Coarsely chop **onion**. Strip **half of the kale leaves** from thick stems; discard stems (save rest for own use). Stack leaves, then cut crosswise into ½-inch ribbons. Finely chop **1½ teaspoons garlic**. Finely grate **Parmesan**, if necessary.



4. Prep garlic-herb bread

Meanwhile, preheat broiler with a rack in the top position. Pick and finely chop **parsley leaves**, discarding stems. Add **remaining chopped garlic**, half of the Parmesan, and 1 teaspoon of the parsley leaves to bowl with **softened butter**; mash with a fork to combine.



2. Sauté aromatics

Heat **1½ tablespoons oil** in a medium Dutch oven or pot over medium-high. Add **onions** and **carrots**; season with **salt** and **pepper**. Cook, stirring occasionally, until carrots are slightly softened and onions are lightly browned, about 3 minutes. Add **farro** and **1 teaspoon of the chopped garlic**. Cook, stirring, until fragrant, about 30 seconds.



5. Broil garlic-herb bread

Halve **rolls** lengthwise, then spread **garlic-herb butter** over cut sides. Place rolls on a piece of foil, buttered sides up. Sprinkle **cheddar** over top. Broil on top oven rack until cheese is melted and browned in spots, 1-3 minutes (watch closely as broilers vary).



3. Simmer soup

Add **kale ribbons** to pot. Cook, stirring and scraping up any browned bits, until wilted, 2-3 minutes. Stir in **all of the vegetable broth concentrate** and **3 cups water**. Season with **salt** and **pepper**. Bring to a boil over high heat, then reduce heat to medium and simmer until **farro** is tender, 18-20 minutes.



6. Serve

Ladle **soup** into bowls, then top with **remaining parsley** and **Parmesan**. Serve **soup** with **cheesy garlic-herb bread** alongside. Enjoy!