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### **Note:**

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## ***Farro Minestrone***

- 2 Tbsp olive oil
- 1 Medium onion, coarsely chopped
- 2 Tsp dried Italian seasoning blend
- 1/2 Tsp granulated garlic
- 1 Quart low-sodium chicken or vegetable broth
- 1 Cup semi-pearled farro (see Notes)
- 1 Can (28 ounces) peeled tomatoes, preferably fire-roasted, with liquid
- 1 Can (15 ounces) cannellini beans, drained and rinsed
- 1 Medium zucchini, quartered lengthwise and cut into ½-inch slices
- 3 Tbsp chopped fresh parsley
- 1/4 Cup grated Romano cheese, plus more to pass at the table
- Salt and freshly ground black pepper
- 2 to 3 Tsp balsamic vinegar (optional)
- Pinch of sugar (optional)

- 1) In a heavy 6 quart soup pot, heat 1 tablespoon of the oil over medium-high heat. Stir in the onion and cook until lightly browned, about 3 minutes. Stir in the Italian seasoning and garlic and cook for 20 seconds.
- 2) Stir in the broth and the farro. Bring to a boil over high heat. Cover, reduce the heat slightly, and cook for 10 minutes.
- 3) Add the tomatoes and squash them against the side of the pot with a large spoon. Stir in the cannellini and zucchini. Cover and cook over medium heat until the farro and zucchini are tender, 10 to 15 minutes longer.
- 4) Stir in the parsley, cheese, remaining tablespoon of oil, and salt and pepper to taste. If needed, balance the flavors with a bit of balsamic and sugar.

Makes 4 Servings