



### **Farro and Cannellini Bean Soup**

A recipe from *Harvest Home* by Richard Scheuerman and Maria Ellis.

#### Ingredients:

- 1 lb. dried Cannellini or white navy beans
- 1 smoked ham hock
- 2 onions, coarsely chopped
- 2 tbsps. olive oil
- 3 garlic cloves, finely chopped
- 1 cup Farro (Resurgent Grains Organic Spelt or Emmer Berries)
- 5 cups chicken broth
- 1-quart water
- 6 sage leaves
- 2 tsps. salt
- 1 bay leaf
- ½ tsp. black pepper
- 8 carrots cut into half-inch pieces
- 1 lb. kale leaves, coarsely chopped

Cover beans and ham with water in a pot and bring to a boil. Remove from heat and let stand for 1 hour. Drain beans in colander and rinse. Set aside ham hock. Cook onion with oil 4 to 5 minutes in an 8-quart pot over low heat.; stir occasionally until softened. Add garlic and stir 1 minute. Add beans, Farro, broth, water, ham hock and seasonings. Simmered uncovered for about 30 minutes; then add carrots and kale. Simmer for an additional 30 minutes or until beans are tender. Shred ham hock and add to soup.

*Courtesy of Lentz Spelt Farms and Resurgent Grains. Go to [www.resurgentgrains.com](http://www.resurgentgrains.com) to purchase Resurgent Grains Organic Spelt or Emmer Berries.*