



## **Italian Emmer/ Farro Soup**

This recipe pays homage to the flavors of Central Italy.

(Serves 4)

### **Ingredients:**

2/3 cup emmer

2/3 cup whole barley

2/3 cup chickpeas

2/3 cup lentils (green, black or French)

1 Tbsp. extra-virgin olive oil, plus extra for drizzling

2 onions, finely chopped

2 carrots, finely chopped

1 bunch parsley, finely chopped

### **Procedure:**

Bring 3 cups of water, lightly salted, to a boil. Add the emmer and pearl barley. Bring to another boil then simmer, uncovered for 30 minutes or until the water is absorbed. Fluff with a fork and let stand 5 minutes.

In a separate pot cook the chickpeas and lentils according to package directions. In a frying pan, lightly sauté the onions and carrots just until the onions are translucent. In a stockpot, add all of the ingredients and cover with enough water to create the desired consistency. Bring to a boil, then season well with salt and pepper.

Serve warm garnished with parsley and a drizzle of olive oil.

