

# Tuscan Farro Soup

By [Mark Bittman](#)



Craig Lee for The New York Times

**Time** 1½ hours

**Rating** 5 ★★★★★ (4466)

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## INGREDIENTS

**Yield: 4 servings**

- 2 tablespoons extra virgin olive oil
- 1 large onion, sliced
- 2 celery stalks, trimmed and chopped
- 2 carrots, peeled and chopped
- Salt and pepper
- 1 tablespoon minced garlic
- 1 cup farro, spelt or barley
- 1 cup dried white beans, soaked for several hours

Simple yet amazing. This healthy soup, a kind of minestrone with farro, is ubiquitous in Lucca, a city in Tuscany. The farro is traditional, but you could use spelt or barley with good results.

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## PREPARATION

### Step 1

Put oil in a large, deep saucepan over medium heat; a minute later add onion, celery, carrots, a large pinch of salt and some pepper. Cook until vegetables are glossy and onion is softened, 5 to 10 minutes. Add garlic, and stir; add farro, beans, tomatoes and stock, and stir.

### Step 2

Bring to a boil, then adjust heat so mixture simmers steadily. Cook until farro and beans are tender, at least an hour, adding stock or water as necessary if mixture becomes too thick. Stir in parsley and basil (if using), then cook another 5

- or overnight
- 2 cups chopped tomatoes (canned are fine; do not drain)
- 6 cups stock or water, more as necessary
- ¼ cup chopped fresh parsley
- ¼ cup chopped fresh basil, optional
- Freshly grated Parmesan

minutes. Taste and adjust seasoning, then serve with lots of Parmesan.

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Ingredient Substitution Guide

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Diana 5 years ago

I made some changes but the results were amazing, hearty and tasty . I used canned white beans, after