

ONE POT WINTER VEGETABLE FARRO

This one-pot-wonder is true magic, a simple and delicious dish that can be prepared, cooked, and served all in one pot. This recipe's got it all: grains, vegetables, and protein from the chickpeas. Plus cooking the farro with the broth and herbs gives the grains a risotto-like texture! Yes Please.



Ingredients

- 1 onion
- 2 sweet potatoes
- 1/4 head of cabbage
- 2 garlic cloves
- 6 sprigs of thyme
- 1.5 cups farro
- 3 cups vegetable stock
- 1 can (15 oz) chickpeas

From your pantry

- 1/4 cup sherry vinegar
- 1 sprig rosemary
- parmesan cheese (optional)
- olive oil
- salt and pepper

Equipment:

- Large, oven safe pot

PREPARATION: 10 MIN

COOKING: 45 MIN

READY IN: 55 MIN

MAKES 6 SERVINGS

Directions

*Read through entire recipe before getting started.
Wash and dry all produce. **Preheat oven to 350 °F***

1. Remove ends and peel from **onion**; then medium dice. Mince or grate **garlic**. Remove **thyme** leaves from stem. Remove **rosemary** from stem and rough chop leaves. Remove ends and peel from **sweet potatoes** and dice into 1" cubes. Slice **cabbage** into pieces about 1/4" thick. Open **chickpeas** and rinse gently.
2. Heat 1 Tbsp. oil in a large pot over medium heat. Add **onion** and sauté 3-4 min until softened and translucent. Add **sherry vinegar** and a pinch of **salt** and **pepper** and cook for 1 min. Add **garlic, thyme, farro, sweet potatoes and cabbage, and chickpeas**. Sauté 4-6 min until fragrant.
3. Add **vegetable stock** and stir. Bring to a boil and reduce heat to a simmer. Cover and transfer to the oven, bake 30 min; then, uncover, stir and return to the oven for another 10-15 min until the liquid is absorbed and farro is tender but al dente.
4. Stir gently to fluff and incorporate. Finish with **parmesan cheese**, if using. Serve warm and enjoy!

Additional notes: Feel free to use your favorite winter/root vegetables! We've included sweet potatoes, onions, and cabbage, but carrots, parsnips, turnips, squash, kale, etc. would all be delicious here!

Tips, Tricks, and Terms

FARRO, an ancient grain...

We're often touting the health benefits of whole grains and one way to incorporate more into your diet is by exploring and experimenting with the incredible variety that's out there - one of our favorites that's growing in popularity is farro, an ancient grain that's been around for thousands of year. Farro (Italian for "ancient wheat grain") cooks up soft and chewy with a nutty flavor. It can be eaten on it's own as a whole grain side or in dishes like this one, soups or stews, and salads. We also love it as a hot breakfast cereal served like oatmeal!



An easy way to cook up plain farro for your dishes is to use the "pasta method" - bring a large pot of heavily salted water to a boil. Add any aromatics you'd like (onion, garlic, herbs, carrots, etc.) and your farro. Cook until *al dente* or it reaches your preferred texture. Drain and season to taste with a little more salt, pepper, or butter/oil.

A little about...

AL DENTE: Italian phrase meaning "to the tooth", simple means something (usually pasta or grain) is cooked until tender but still a littler firm when bitten.

THYME: an herb from the mint family that's long been a culinary staple, remove the tender leaves from the stems OR drop the whole thing in your soup or stock pot and fish the stems out later, great to season proteins or vegetables, store in a plastic bag in your vegetable drawer or lay out on a sheet pan and allow to dry before storing in a sealed jar.



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