

# Tuscan Bean and Kale Soup with Farro

Serves 6–8:

## Ingredients

1 cup dried baby borlotti beans (or use cranberry or cannellini beans)  
2 tablespoons olive oil  
1 large onion, chopped  
2 celery stalks, chopped  
2 carrots, peeled and chopped  
2 garlic cloves, minced  
1 28 ounce can peeled whole tomatoes, crushed with juice  
sprigs of herb: thyme, marjoram, oregano  
1/4 cup parsley leaves  
10 cups water, plus more if needed  
1 bunch Tuscan kale, leaves ribboned (deribbed if you like)  
1 cup farro

Parmesan cheese, freshly grated for garnish  
extra virgin olive oil to drizzle

## Preparation

Place dried beans in a strainer and pick out any stones.  
Rinse them, place in a bowl and cover with plenty of cool water.  
Let soak overnight; drain beans before using.  
In a soup pot or dutch oven, heat olive oil over medium heat.  
Add chopped onion, celery, carrots and garlic and season with kosher salt and ground black pepper.  
Cook, stirring occasionally, for 10 minutes, until softened.  
Add drained beans, crushed tomatoes and juice, herb sprigs and parsley leaves.  
Pour water over all and bring to a boil; reduce heat and let simmer, partly covered, for 2 hours.  
To derib the kale, fold leaves in half lengthwise and cut the rib out of the center.  
Chop the leaves into ribbons and add them to the pot with the farro.  
Stir and cook for 30 minutes more; taste and adjust seasoning.  
If soup is too thick for your liking, add some hot water and simmer for a few minutes more.  
Ladle into bowls and top with freshly grated Parmesan cheese (skip cheese to keep it vegan).  
Drizzle with your best quality olive oil and serve piping hot.