

Serves 6

Prep Time 20 min



## Mediterranean Kale and Cannellini Stew with Farro

The fire-roasted tomatoes add a smoky undertone to this satisfying Italian soup, but if you can't find them, feel free to use regular.

### Ingredients:

- 4 cups reduced-sodium vegetable broth
- 1 14.5 oz. can no-salt-added fire-roasted tomatoes
- 1 cup farro, rinsed, or kamut
- 1 cup coarsely chopped onion (1 large)
- 2 medium carrots, halved lengthwise and thinly sliced crosswise
- 1 cup coarsely chopped celery (2 stalks)
- 4 cloves garlic, minced
- 1/2 tsp. crushed red pepper
- 1/4 tsp. salt
- 4 cups coarsely chopped fresh green kale or Swiss chard
- 1 15 oz. can no-salt-added cannellini beans (white kidney beans), rinsed and drained
- 3 Tbsp. tablespoons lemon juice
- 1/2 cup crumbled feta cheese (2 oz.)
- Snipped fresh parsley or basil

### Directions:

1. In a 3-1/2- or 4-quart slow cooker, combine broth, tomatoes, farro, onion, carrots, celery, garlic, crushed red pepper, and salt.
2. Cover and cook on high-heat setting about 2 hours or until farro is tender but still chewy. Stir in kale, beans, and lemon juice. Cover and cook for 1 hour more.
3. Serve with cheese and parsley.

**Nutrition Facts (per serving):** • 274kcal • 4g fat (2g sat., 1g monounsat.) • 11mg chol • 691mg sodium • 46g carb • 9g fiber • 6g sugar • 14g protein