

My Autumn Minestrone with Farro, Chicken, Post-Pizza Party Leftovers* and Lynn's Homegrown Kale

Big soup pot (prefer Le Creuset Bouillabaisse)

1/4 cup olive oil

carrot

leek

*onion**

*chopped or thinly sliced garlic**

potato

*prosciutto, thin slices cut into pieces**

*cremini mushrooms**

*zucchini**

kale, boiled until tender, cut into 1/2" ribbons

roasted red pepper, peeled and cut into pieces

1 cup of farro

1 cup coarsely chopped cooked chicken

1 qt. chicken stock

*1 qt. juice from canned Italian tomatoes**

Salt and freshly-ground black pepper

2 tsp. Maras pepper flakes



1. Cook the farro in salted boiling water for about 20 minutes. While it's cooking:
2. Cut carrot, leek, celery, onions, mushrooms, potato and zucchini into medium dice.
3. Heat olive oil in soup pot. Add carrots, leek, celery, onions and garlic. Saute until tender and lightly browned.
4. Add potato and saute until barely cooked through. Add roasted red pepper.
5. Add prosciutto and mushrooms and cook until mushrooms are tender and browned.
6. Add kale and stir, cooking a few more minutes. Add salt and pepper to taste.
7. Drain and add the cooked farro.
8. Add Maras pepper flakes
9. Add the chicken stock and tomato juice and bring to a boil. Reduce to a simmer, and cook for about 20 minutes or more. Check the zucchini and tomato pieces to ensure they are cooked but not mushy.
10. Adjust the seasoning, and add olive oil garnish if necessary. You may also add grated parmesan or pecorino, if you wish.
11. Serve with a fruity Italian red wine, such as a Lacryma Christi Rosso from Mastroberardino in Campania, or a Montepulciano d'Abruzzo.

** These items are typical leftovers from our pizza parties*