

Cozy Farro & Kale Stew

This slow cooked, comfy combination is enhanced with parmesan cheese rind for a rich, luscious broth. Serve with fresh burrata & drizzle vinegar & olive oil for a delicious creaminess even non-veggie eaters will ask for seconds! Make ahead for dinner or lunch. 4-6 ample servings.

Simple Ingredients

- 2 tablespoons Villa Graziella Organic extra virgin olive oil + more for serving.
- 1 tablespoon Villa Graziella Organic silver balsamic vinegar di Modena.
- 12 ounces-fresh curly or lacinato kale, washed, dried, stems removed, coarsely chopped, about 10 cups.
- 1¼ cup pearled or semi pearled farro rinsed.
- 3 cups vegetable or chicken stock + extra if needed.
- 2 shallots or 1 small onion chopped.
- 2 plump garlic cloves chopped.
- 6-8 ounces fresh burrata cheese for serving.
- ¼ cup grated Parmesan cheese, + more to taste.
- 1 pinch crushed red pepper flakes, + more to taste.
- 1 teaspoon fresh thyme-dried ok too.
- 1 ½ teaspoons sea salt + more to taste.
- 1 ½ teaspoons fresh cracked pepper + more to taste.

Easy Directions

1. In a medium pot or skillet heat the olive oil to medium.
2. Add the garlic & shallots sauté until golden not brown.
3. Stir in the kale with 1 teaspoon each salt & pepper, stir and sauté until the kale starts to wilt, about 3-5 minutes.
4. Transfer veggies to a slow cooker, add the stock, farro, thyme, 1 /2 teaspoon each salt & pepper and Parmesan rind.
5. Stir to thoroughly mix, cover, and cook on low 4-5 hours, or high 2-3 hours.
6. Add extra stock if the mixture becomes too dry.
7. Open the slow cooker, add the grated Parmesan cheese, and thoroughly mix to combine.
8. Ladle into bowls, top with burrata cheese, drizzle with vinegar followed by olive oil.
9. Season to taste with red pepper, salt & pepper.
10. Serve & enjoy!

Helpful Hints

- Substitute kale with sturdy broccoli rabe, collard or mustard greens or Swiss chard.
- Many deli & grocery stores sell cheese rinds. Substitute Parmesan cheese with Pecorino Romano, Emmental, or Gruyere cheese.
- Cover & refrigerate up to 3 days.
- Add to your veggie bowl for next day lunch.
- Compost remaining veggie ends and stalks or add to your next homemade broth.

