



# Italian Bean and Farro Soup

Jim Dixon, owner, [Wellspend Market](#)

20-30 minutes prep  
4-5 hours cooking  
Serves 6-8

## Ingredients:

- 1 lb borlotto, cranberry, or pinto beans
- 8 cups water
- 1 teaspoon kosher-style sea salt
- 2 tablespoons extra virgin olive oil
- ½ cup whole grain farro (see note)
- 1 leek, quartered and sliced (see note)
- 2 carrots, quartered and sliced
- 2 celery stalks, quartered and sliced
- 2 tablespoons extra virgin olive oil
- Large pinch of kosher-style sea salt
- 2 tablespoons tomato paste (see note)
- 1/4 head green cabbage, chopped
- 1 celeriac, cut into ½ inch cubes (see note)
- 1 potato, cut into ½ inch cubes (see note)
- 1 tablespoon wine or cider vinegar
- 1 tablespoon soy sauce, optional
- Dash MSG, optional but highly recommended

Extra virgin olive oil and grated Parmigiano Reggiano cheese to serve

## Note

Whole grain farro has not been “pearled,” which is the removal of the outer bran layer. Use an onion instead of the leek, or use both if desired. Instead of tomato paste, use about ½ cup of canned tomatoes or, if you’ve got them, roasted and frozen tomatoes from the summer harvest. Try to find a smaller celeriac, about the size of a grapefruit. If you have a big one, use half and save the rest for another dish or eliminate the potato.

## Directions:

Combine the beans, water, salt, and olive oil in a 4 qt or larger deep saucepan or Dutch oven. Bring to a boil, cover, reduce the heat to a simmer, and cook until the beans are very tender, 2-3 hours. Check occasionally and add more water if needed to keep the beans covered by an inch or so. Add the farro and simmer for another 40 minutes.

Use a skillet to cook the leek, carrot, and celery with the olive oil and salt until the vegetables are soft, about 15 minutes. Push the vegetables to the edge of the skillet, add the tomato paste, and cook for a few minutes (if using canned or frozen tomatoes, just stir them in). Add the beans and farro along with the cabbage, celeriac, and potato. Simmer for at least an hour or until the root vegetables are very soft. Stir in the vinegar, soy sauce, and MSG, taste and add salt as needed.

Remove the soup from the heat and let cool slightly. Use a potato masher to crush some of the beans if you like a thicker soup. Reheat to serve. Drizzle each bowl with more extra virgin olive oil and top with the grated cheese.



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