

MUSHROOM FARROTTO

Ingredients

- 3 cups low-sodium vegetable broth
- 2 tablespoons + 1 tablespoon extra virgin olive oil, divided
- 10 ounces cremini mushrooms, sliced
- ½ cup chopped onion
- 1 cup dry farro, rinsed
- 1 cup dry white wine*
- ¼ teaspoon fine sea salt
- ⅛ teaspoon black pepper
- 2 sprigs fresh thyme, destemmed
- 1 clove garlic, minced
- 1 tablespoon unsalted butter
- ¾ cup frozen green peas, thawed
- ¼ cup shredded Parmesan cheese

*Note: To make this recipe without wine, substitute with equivalent amount of vegetable broth plus 1 tablespoon of white wine vinegar.

Directions

1. Add vegetable broth to a small pan and hold over low heat.
2. In a heavy saucepan, add 2 tablespoons olive oil over medium heat. Add mushrooms and cook until liquid is released and mushrooms are tender, 8–10 minutes. Use a slotted spoon to move from the pan to a plate and drain the pan.
3. Heat another 1 tablespoon of olive oil in the same heavy saucepan and add the onions, cooking until softened and translucent, about 3 minutes. Add garlic and cook for 30 seconds. Add farro and toast, stirring occasionally, up to 3 minutes. Add the white wine (or broth and vinegar) to deglaze the pan and continue to cook until it is almost absorbed.
4. Lower heat to medium-low. Add 1 cup of broth from step 1 and cook until absorbed, stirring often. Continue to add 1 cup of broth at a time, stirring often, as the farro cooks. Continue cooking until the farro is tender but still slightly chewy, 30 to 40 minutes.
5. Season with salt, pepper, and thyme. Add mushrooms and butter, stirring to combine.
6. Remove from heat. Add Parmesan and peas, stirring to combine.

1 HOUR | SERVES 6

Nutrition Facts (using dry white wine)
181 calories | 11g fat | 4g saturated fat | 191mg sodium | 14g carbohydrate | 3g fiber | 2g sugar | 4g protein