



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

### ***Moroccan Farro and Lentil Soup***

#### **Ingredients:**

- ¼ cup red lentils, dry (or ½ cup red lentils, cooked)
- ¾ cup water
- ½ tablespoon coconut oil
- 1 clove garlic, minced
- ½ cup yellow onion, diced
- ½ teaspoon fresh ginger, grated
- 2 cups low-sodium vegetable broth
- ¼ cup farro, dry
- ½ cup sweet potato, diced into small cubes
- ½ cup red bell pepper, diced
- ½ cup globe tomatoes, diced
- ½ teaspoon cumin
- ½ teaspoon cinnamon
- ¼ teaspoon turmeric
- 1/8 teaspoon nutmeg
- 2 cups fresh spinach
- ¼ cup raisins

#### **Directions:**

1. In a 1½-quart pot, add dry lentils and water. Bring to a boil and reduce to medium-high heat. Cook for 10 minutes or until lentils are tender.
2. While lentils cook, heat oil, garlic, onion and ginger in a 3-quart pot over medium-high heat. Cook until onions are translucent, about 10 minutes.
3. Once lentils are cooked, drain excess water and add to 3-quart pot.
4. Add vegetable broth, farro, sweet potato, red pepper, tomato, cumin, cinnamon, turmeric, nutmeg, spinach and raisins. Cover with lid, bring to a boil and immediately reduce to medium heat. Cook for 30 minutes or until farro is tender.

Serves 4

*Nutrition: 182 calories, 2 g fat, 2 g saturated fat, 36 g carbohydrate, 7 g fiber, 7 g protein, 96 mg sodium*

*Source: Food & Nutrition Magazine, Academy of Nutrition and Dietetics*

