

# Cheesy Farro & White Bean Bake

## Cooking Instructions

1. Combine the farro and vegetable stock in a small saucepan; bring to a boil. Reduce heat to low and simmer 30 minutes or until tender and all the stock has been absorbed.
2. Meanwhile, preheat the oven to 400 F. Heat a large oven-safe skillet with 1 Tbsp olive oil. Add celery and shallot, cooking until celery is tender, about 5-6 minutes. Add the garlic, cooking an additional 30 seconds. Add the white beans, chopped kale, salt, oregano, and thyme, cooking until the kale just begins to soften.
3. Remove from heat and stir in the cooked farro and 1/4 c. cheese; stir until cheese is melted.
4. Here, you can either transfer the mixture to a medium-sized casserole dish (if you don't have an oven-safe skillet) or place the skillet directly into the oven. Before baking, sprinkle the remaining 1/4 c. cheese on top (more if desired).
5. Bake the dish at 400 F for about 10 minutes or until the cheese is melted and golden. Garnish with parsley.

## Recipe

- 1 cup farro (or substitute brown rice)
- 3 cups vegetable stock
- 1 Tbsp olive oil
- ¾ cup celery, diced
- 1 large shallot, thinly sliced (or substitute onion)
- 3 cloves garlic, minced
- 1 (15oz) can white beans, drained and rinsed
- 1 bunch kale, chopped (or substitute any dark leafy greens)
- ½ tsp salt
- ½ tsp dried oregano
- ½ tsp dried thyme
- ½ cup freshly grated Parmesan or Fontina cheese, divided

## Grocery List (add optional toppings to list as desired)

### Produce

- celery
- 3 cloves of garlic
- shallot
- kale

### Dairy

- Parmesan or Fontina cheese

### Canned Goods

- olive oil
- 32oz Vegetable Broth
- 1 15oz can white beans (navy, cannellini, great northern, etc.)

### Spices

- salt
- oregano
- thyme

### Dry Goods

- farro

