

Cheesy Farro and White Bean Bake

Instructions

1. Combine the farro and vegetable stock in a small saucepan; bring to a boil. Reduce heat to low and simmer for 30 minutes or until tender and all the stock has been absorbed.
2. Meanwhile, preheat the oven to 400 degrees. Heat 1 tablespoon of olive oil in a large skillet (use an oven-safe skillet if you have one). Add the celery and shallot, cooking until the celery is tender, about 5-6 minutes. Add the garlic and cook for 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 $\frac{1}{4}$ cup of cheese; stir until the cheese is melted.
4. If using an oven-safe skillet, sprinkle the remaining cheese over the top (use more cheese if desired) and place the skillet directly into the oven. If you don't have an oven-safe skillet, transfer the mixture to a medium-sized casserole dish, sprinkle the cheese over the top, then place in oven.
5. Bake at 400 degrees for about 10 minutes or until the cheese is melted and golden. Garnish with parsley.

Ingredients

- 1 cup farro (or substitute brown rice)
- 3 cups vegetable stock
- 1 tbsp olive oil
- $\frac{3}{4}$ cup celery, diced
- 1 large shallot, thinly sliced (or substitute onion)
- 3 cloves garlic, minced
- 1 (15 oz) can white beans, drained and rinsed
- 1 bunch kale, chopped (or substitute any dark leafy greens)
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp dried oregano
- $\frac{1}{2}$ tsp dried thyme
- $\frac{1}{2}$ cup freshly grated Parmesan or Fontina cheese, divided

Grocery List

Produce

- Celery
- Garlic
- Shallot
- Kale
- Dairy
- Parmesan or Fontina cheese

Spices

- Salt
- Oregano
- Thyme

Canned Goods/Grocery

- Farro
- Vegetable broth
- Olive oil
- White beans