



Anytime Vegetarian Stovetop Farro

Serves: 6 - adapted from Smitten Kitchen

Ingredients

- 2 cups water
- 1 cup semi-pearled farro (Bob's Red Mill is one of my favorites)
- 1 Tbsp extra virgin olive oil
- ½ pound cherry tomatoes, cut in half
- ½ large white onion, peeled
- 2 cloves garlic, sliced thin
- 1 ¼ teaspoons sea salt
- 1 pinch of red pepper flakes (you can add more or less to taste depending on the level of spiciness you desire)
- 2 Tbsp basil leaves, cut into chiffonade for serving
- ¼ cup fresh grated parmesan cheese, for serving

Instructions

Place water and farro in a medium saucepan to pre-soak while you are cutting up the tomato and onion. Add olive oil to the pot.

Wash and cut the tomatoes in half and add to the pot.

Take the peeled half onion, cut the onion in half again, and very thinly slice it into quarter-moons. Thinly slice the garlic. Add both of these to the pot.

Add the salt and red pepper flakes (to taste) to the saucepan. Cook all the way UNcovered for 30 minutes by bringing the pot to a boil, then turning the heat down to simmer. Gently stir the farro every 10 minutes. In 30 minutes, taste the farro - it should be chewy but tender and most of the liquid should be absorbed. I usually take the pot off the heat and leave it alone for 5-10 minutes or so while the rest of the liquid absorbs.

I put the farro into a pretty bowl, top with sliced basil and dust with parmesan. Serve. Reheat leftovers tomorrow! I usually make a double-batch because it disappears quickly.

PS: I am thinking of adding some tiny cubes of oven-roasted butternut squash right before serving just to make it pretty and because I have often have some on hand in the winter.