

BEAN AND FARRO SOUP

Rustic Italian soup with cannellini or borlotti beans

Servings	Prep Time	Cook Time	Total Time
4	20 min + overnight soak	About 1 hr 15 min	About 1 hr 35 min + soaking

Ingredients

- **9 oz (250 g) dried cannellini beans or borlotti beans (cranberry beans)**
- **7 oz (200 g) farro**, about 1 cup
- 1 leek
- 2 medium carrots
- 1 medium onion
- 2 celery stalks
- 2 garlic cloves
- 1 small bunch fresh parsley
- 1 sprig fresh rosemary
- 1 tablespoon tomato paste
- 3 tablespoons extra virgin olive oil, plus more for serving
- Salt, to taste
- Freshly ground black pepper, to taste
- About 6 1/3 cups (1.5 liters) reserved cooking liquid and hot water, as needed

Instructions

1. Soak the Beans and Farro

Place the dried beans and farro in separate bowls. Cover both generously with cold water and let them soak overnight. The next day, drain and rinse both thoroughly.

2. Cook the Farro

Place the drained farro in a medium saucepan and cover generously with fresh water. Bring to a boil, then reduce the heat and simmer gently for about 50 minutes, or until tender but still pleasantly chewy. Drain and set aside.

3. Cook the Beans and Vegetables

Trim and wash the leek. Peel the carrots and wash the celery stalks. Place the whole leek, carrots, celery, and soaked beans in a pressure cooker. Cover with water. Bring to pressure and cook for about 20 minutes at pressure, or until the beans are tender. Release the pressure safely according to the manufacturer's instructions. Reserve the bean cooking liquid.

4. Prepare the Aromatics

Finely chop the onion, garlic, parsley, and rosemary leaves together. Discard the rosemary stem.

5. Blend the Beans and Vegetables

Set aside about 1 cup of cooked beans and keep them whole. Blend the remaining beans together with the cooked leek, carrots, and celery until smooth and creamy. Add a little reserved bean cooking liquid if necessary.

6. Build the Soup

Heat the extra virgin olive oil in a large soup pot over medium-low heat. Add the chopped onion, garlic, parsley, and rosemary. Cook for about 3-4 minutes, stirring frequently, until softened and fragrant. Do not let the garlic brown. Add the blended bean and vegetable mixture and stir well. Mix in the tomato paste. Gradually add the reserved bean cooking liquid and enough hot water to reach approximately 6 1/3 cups (1.5 liters) of liquid.

7. Add the Farro and Whole Beans

Add the cooked farro and the reserved whole beans. Stir well and bring the soup to a gentle simmer.

8. Finish the Soup

Simmer uncovered for about 10 minutes, stirring occasionally. Season with salt and freshly ground black pepper. If the soup becomes too thick, add a little hot water until it reaches your preferred consistency.

9. Serve

Ladle the soup into warm bowls. Finish each serving with a drizzle of extra virgin olive oil and, if desired, an extra grind of black pepper. Serve hot with toasted rustic bread or crusty Italian bread.

Variations

Cannellini Bean and Farro Soup

Use cannellini beans for a lighter, creamier version. They have a mild flavor and blend especially well into the vegetable base.

Borlotti Bean and Farro Soup

Use borlotti beans, also known in the U.S. as cranberry beans, for a more robust and rustic version. They have a slightly nutty, earthy flavor and give the soup a deeper taste.

More Brothy Version

Add a little more hot water or vegetable broth during the final simmer.

Thicker Rustic Version

Use slightly less liquid and simmer the soup a few minutes longer for a thicker, almost stew-like consistency.

Nonna's Tips

- For the best flavor and texture, use dried beans whenever possible.
- Keep some of the beans whole rather than blending everything. This gives the soup better texture.
- Farro should remain slightly firm and chewy rather than becoming overly soft.
- The soup is often even better the next day. Farro continues to absorb liquid, so add a splash of water or broth when reheating if needed.
- Finish each bowl with good-quality extra virgin olive oil just before serving.

Nutrition Facts

Approximate values per serving. Values may vary depending on the beans used and the amount of salt added.

Nutrition	Amount
Calories	510 kcal
Total Fat	12 g
Saturated Fat	2 g
Carbohydrates	82 g
Dietary Fiber	18 g
Sugars	8 g
Protein	22 g
Sodium	320 mg*

*Sodium varies depending on how much salt is added during cooking.