






Cooking Made Easy

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Shrimp & Tomato Farrotto



Farro, an ancient Italian grain, replaces rice in this delicious dish. We've slow-cooked it in a tomato broth and stirred in juicy shrimp for a major upgrade to classic risotto!



45 min



level 1



nut free



Shrimp



Diced Tomatoes



Onion



Farro



Stock Concentrate



Garlic



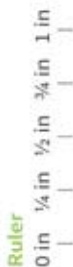
Parmesan Cheese



Parsley

Ingredients	2 People	4 People
Shrimp	2)	10 oz / 20 oz
Diced Tomatoes		1 can / 2 cans
Onion		1 / 2
Farro	1)	¾ C / 1 ½ C
Stock Concentrate		1 / 2
Parsley		1 bunch / 2 bunches
Garlic		2 cloves / 4 cloves
Parmesan Cheese	7)	¼ C / ½ C
Butter*	7)	1 T / 2 T

*Not included
 Allergens
 1) Wheat
 2) Crustacean
 7) Milk



Nutrition per person Calories: 579 cal | Carbs: 67g | Fat: 11g | Protein: 49g | Fiber: 8g



1 Make the tomato broth: bring 2 cups of **water** to a boil in a pot with the **diced tomatoes** and **stock concentrate**. Once boiling, reduce heat to lowest setting to keep warm.



2 Meanwhile, halve, peel, and finely chop the **onion**. Mince or grate the **garlic**. Finely chop the **parsley**.



3 Heat 1 tablespoon **butter** in a tall-sided pan over medium heat. Add the **onion** and season with **salt** and **pepper**. Cook for about 5 minutes, until softened. Add the **garlic** and **farro** and cook, stirring, for about a minute or two.



4 Start adding the **tomato broth** ½ cup at a time, stirring, until stock has been absorbed. Continue adding the liquid ½ cup at a time, stirring after each addition. Repeat until farro is just tender, about 25 minutes. Taste and season with **salt** and **pepper**.

5 In between stirrings, cut the **shrimp** into bite-sized pieces and season with **salt** and **pepper**. When the farro is just tender, stir in the shrimp and cook for 2-3 minutes, until pink and slightly opaque in the center. Once the shrimp have cooked, add **half the parsley** and stir to combine.

6 Serve the **farrotto** with a sprinkle of **parmesan cheese** and **remaining parsley** on top!

Tip To keep leftovers, store farrotto with leftover broth, if any remains. That way, when you reheat it, the farrotto won't dry out. No leftover broth? Add a splash of water.