



RUSTIC FARRO & PORK SAUSAGE SOUP

with Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



3 oz | 6 oz
Carrot



1 | 1
Yellow Onion



9 oz | 18 oz
Italian Pork Sausage



1 | 2
Roma Tomato



1/4 oz | 1/4 oz
Parsley



3/4 Cup | 1 1/2 Cups
Farro
Contains: Wheat



1 TBSP | 1 TBSP
Tuscan Heat Spice



2 | 4
Chicken Stock Concentrates



1/4 Cup | 1/2 Cup
Parmesan Cheese
Contains: Milk

HELLO

FARRO

This ancient grain has a nutty flavor and delightfully chewy texture.



PREP: 10 MIN | COOK: 45 MIN | CALORIES: 740



FOND OF FOND

When stirring stock concentrates and water into your soup in step 4, we ask you to simultaneously scrape up any browned bits from the bottom of the pot. This process is known as *deglazing*, and those unassuming specks (aka *fond*) are full of rich, concentrated flavor. This easy trick adds so much savory depth to your dish.

BUST OUT

- Peeler
- Large pot
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)

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* Pork Sausage is fully cooked when internal temperature reaches 160°.



1 START PREP

- Wash and dry all produce.
- Trim, peel, and cut **carrot** into a small dice. Halve, peel, and finely chop **onion**.
- Remove **sausage*** from casing; discard casing.



2 COOK & FINISH PREP

- Heat a drizzle of **olive oil** in a large pot over medium-high heat. Add **sausage** and cook, breaking up meat into pieces, until browned, 4-6 minutes (it'll finish cooking in the next step).
- Meanwhile, dice **tomato**. Pick **parsley leaves** from stems; finely chop leaves.



3 COOK VEGGIES

- Add another drizzle of **olive oil** to pot with **sausage**; stir in **carrot, onion**, and a big pinch of **salt**. Cook, stirring occasionally, until veggies are just softened and sausage is cooked through, 5-7 minutes.



4 START SOUP

- Stir **tomato**, half the **chopped parsley**, half the **Tuscan Heat Spice** (use the rest as you like), and $\frac{1}{2}$ **cup farro** (be sure to measure; we sent more) into pot with **sausage mixture**. (Use 1 cup farro for 4 servings.) Cook, stirring, 1 minute.
- Stir in **stock concentrates** and $3\frac{1}{2}$ **cups warm water** (6 cups for 4), scraping up any browned bits from bottom of pot.
- Cover, bring to a boil, then immediately reduce heat to low. Simmer, covered, until farro is tender, 25-30 minutes.



5 FINISH SOUP

- Stir half the **Parmesan** (save the rest for serving) into **soup**. Taste and season with **salt** and **pepper**.



6 SERVE

- Divide **soup** between bowls. Top with remaining **Parmesan** and **chopped parsley** and serve.