

Simple Farro & Bean Stew

Yield: 12 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-red-bean-stew-recipe>

Ingredients:

- 453 grams red beans soaked for at least 4 hours preferably overnight, then drained
- 10 cups water
- 1/4 cup extra virgin olive oil
- 1 onion medium, chopped
- 1 can whole peeled tomatoes drained and chopped
- 1 carrot medium, chopped
- 1/2 pound new potatoes chopped
- 2 stalks celery
- 370 grams farro pearled
- 1 1/2 cups water or vegetable broth
- salt fine grain sea, to taste
- 9 ounces savoy cabbage chopped
- 4 ounces kale de-stemmed and chopped

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 53 grams
3. Fat: 6 grams
4. Fiber: 11 grams
5. Protein: 13 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 100 milligrams
8. Sugar: 2 grams

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