



Spelt soup with tomato and potatoes

Ingredients

Pearl barley (3 punches) Mixture of carrot, onion, potatoes and celery for fried Extra virgin olive oil Rosmary Parmesan cheese to taste A glass of dry white wine Vegetable broth to taste 400 gr CIRIO Passata Parsley Salt to taste

Preparation

1. In a large saucepan make to brown the mixture of onion, chopped potatoes, celery and carrot in extra virgin olive oil.
2. When the vegetables are golden brown add the farro (three punches to the head).
3. Stir for about a minute, then pour a glass of dry white wine.
4. Season with salt, and when the wine is absorbed, begin to pour into saucepan a little stock.
5. Continue add in broth every time you will be absorbed, and also add the tomato sauce, basil and oregano.
6. Proceed, always adjusting broth, until the grains of barley are tender (about 20 minutes).

You can make your soup more or less liquid depending on your taste, adjusting the amount of broth added toward the end of cooking. Serve seasoned with a drizzle of extra virgin olive oil and a sprinkling of Parmesan cheese.

