

# chicken, mushroom, and farro soup

Serves 6-8

Cook time: ~1 hour

Tools:

- [Chef's knife](#)
- [Cutting board](#)
- Large pot or [Dutch oven](#) with a lid (if you don't have a lid use a sheet pan!)
- [Lemon press](#)
- 2 forks (for shredding chicken)

Ingredients:

- 4 carrots, finely chopped
- 3 stalks celery, finely chopped
- 1 large leek, halved vertically and thinly sliced
- 12 ounces mushrooms, thinly sliced
- 4 cloves garlic, minced
- 2 tablespoons olive oil
- Kosher salt and freshly ground black pepper, to taste
- 1 1/2 pounds boneless, skinless chicken thighs
- 1 1/4 cups farro
- 1 bunch kale, tough stems removed
- 2 sprigs fresh rosemary or 6 sprigs fresh thyme
- 2 quarts (8 cups) low-sodium chicken stock (or 8 cups water + 3 tablespoons low-sodium chicken Better Than Bouillon)
- 1 lemon, juiced
- Optional to make it creamy: 1/3 cup finely grated Parmesan cheese, 4 ounces cream cheese, 1/2 cup heavy cream, 1/3 cup half and half, 1/3 cup plain yogurt
- Optional: [garlicky croutons](#), cheesy salty honey toast from [the cookbook](#) (p. 212), lots of Parm on top, freshly chopped parsley... (I love soup toppings! dumpster dive and find something fun to throw on there! chili crisp!)

Wash and finely chop **4 carrots, 3 celery stalks, 1 leek, and 12 ounces of mushrooms**, and mince **4 garlic cloves**. Throw them in a large cold pot (off the heat) as you finish chopping them so they don't overflow off your cutting board.

Once all your veggies are in the pot, drizzle everything with **2 tablespoons olive oil**, add **1 teaspoon salt and several grinds of pepper**, stir, and cook over medium heat, stirring occasionally, for 7 to 10 minutes, until everything is looking very tender and the liquid has all

evaporated off. If your veggies look tender but there's still a lot of liquid in the pot, crank the heat up to high and stir constantly until it's evaporated.

Meanwhile, wash and chop **1 bunch of kale**.

Trim any white fat off of **1 1/2 pounds chicken thighs**, then add them to the pot along with **1 1/4 cups farro**, **2 sprigs fresh rosemary** (or 6 sprigs thyme), the chopped kale, and **8 cups chicken stock** and bring it to a boil over high heat. Once boiling, reduce the heat to low and place the lid on the pot so that it is just slightly ajar to allow for some evaporation, but not a lot. If you don't have a lid for your pot, use a sheet pan!

Cook for 20 minutes.

Remove the lid, discard the herb sprigs (the leaves likely all fell off, so fish those twigs out), and transfer the chicken thighs to the cutting board. Use two forks to shred the chicken, then return it to the pot. If the chicken isn't shredding easily or isn't fully cooked (it needs to be 165°F), just return it to the pot for a few more minutes of cook time.

Stir in **the juice of 1/2 a lemon** (to start — I always end up adding the juice of the full lemon because I love lemon flavor!).

**Now you have two options: You can either taste your soup, adjust with more lemon, salt, and pepper as desired and be finished...**

**OR, YOU CAN GO CREAMY:** Stir in **any of the optional creamy additions** listed above! Simmer for a few more minutes to let it incorporate and thicken. It might look curdle-y at first but keep stirring! If you went the creamy route, now's the time to taste and adjust with more seasoning (extra lemon juice, kosher salt, and/or black pepper) until it's perfect.

Top your bowls with any optional toppings you found or made and ENJOY!