

# Power Soup

The vitamin and mineral goodness of kale, squash and tomatoes is captured in this hearty soup.

**S** OUP CAN HARNESS FOOD'S NUTRIENTS BETTER THAN ANY other dish. When vegetables and grains are slowly simmered together, the rich broth captures all the vitamins and minerals otherwise lost down the drain or left in the cooking water. Kale provides vitamin C, K and calcium; tomatoes, lycopene; and squash, beta carotene. The farro (or wheat berries) provides fiber and protein. And the Parmesan rind provides big flavor. *1*

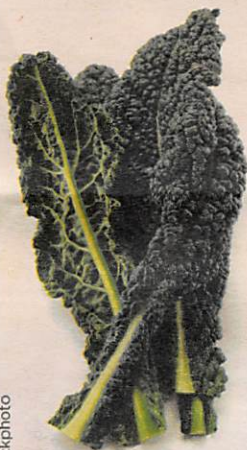
## Butternut Squash

Like most dark orange vegetables, squash is high in vitamins A and C, fiber and carotenes. Now it's available peeled and chopped in bags.



## Kale

Kale is a hearty green that withstands the rigors of a long simmer in a soup. It's high in vitamins A and C, potassium, calcium, and iron. Try shredding and tossing with vinaigrette for a salad, too.



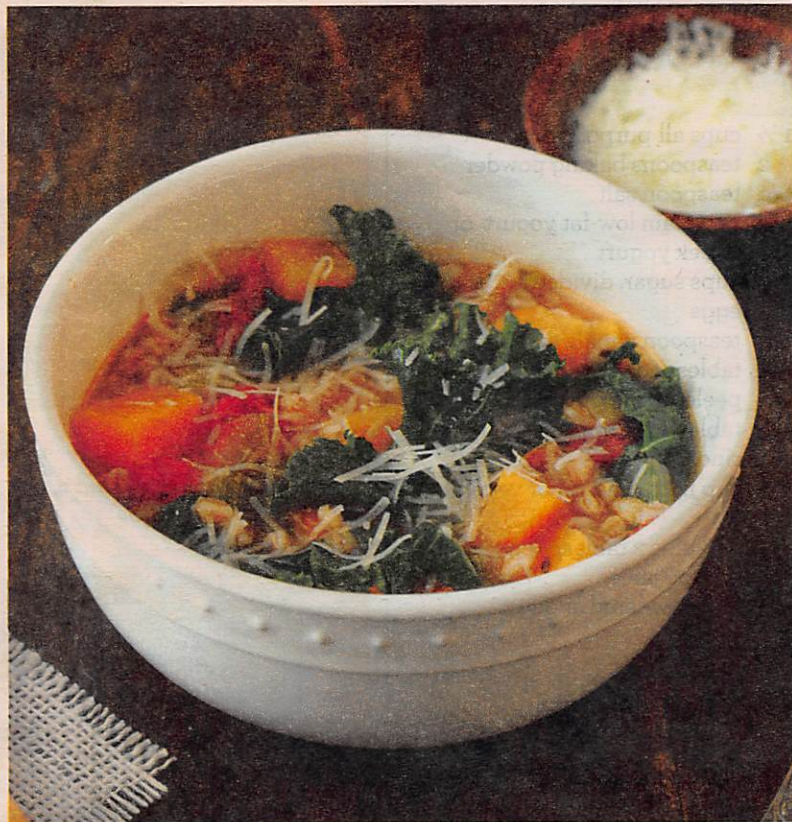
## Canned Tomatoes

Canned tomatoes are high in the antioxidant lycopene, which is absorbed best with a little bit of fat.



## Farro

Farro is a variety of wheat, as is kamut and spelt. You can use any of them interchangeably. All are unprocessed and unhulled wheat berries. They're high in fiber, and protein, as well as B vitamins. They're crunchy and stand up well in soups and stews. They require a bit of cooking but are super versatile.



## Farro and Kale Soup (cover)

Remove tough ribs of kale from leaves before chopping. White beans would be a great addition to this soup.

- 1 tablespoon olive oil
- 1 medium yellow onion, chopped
- 2 garlic cloves, finely chopped
- 1 cup farro (wheat berries)
- 6 cups reduced-sodium chicken broth
- 2 cups peeled butternut squash cubes (½ inch)
- 1 (28-ounce) can Italian plum tomatoes with juice
- 1 (2-inch) piece Parmigiano Reggiano cheese rind
- 1 teaspoon dried thyme or 1 tablespoon fresh thyme
- ½ teaspoon salt
- 2 to 3 cups coarsely chopped green kale
- Grated Parmigiano Reggiano cheese (optional)

1. Heat oil in a soup pot over medium heat. Add onion and sauté until softened, 2 to 3 minutes. Add garlic and sauté 1 minute. Add farro and stir to coat. Add broth, squash, tomatoes, cheese rind, thyme and salt. Bring to a boil, breaking up tomatoes with a wooden spoon.
2. Reduce heat, partially cover and simmer until squash is tender and farro is cooked, about 30 minutes. Stir in kale and simmer 2 minutes. Discard cheese rind. Ladle into bowls and sprinkle grated cheese on top. Serves 6.

Per serving: 230 calories, 3.5g fat, 5mg chol., 10g prot., 41g carbs., 9g fiber, 1050mg sodium

Recipe and soup photo by Lynda Balslev, a food writer in Kentfield, Calif.