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Lemony Chicken Soup with Farro, White Beans, and Kale

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This recipe is part of our [Spring Grocery Bag Menu](#) featuring 5 easy weeknight dinners made from 1 grocery bag of ingredients.

Enhance the flavor of store-bought chicken broth for a hearty soup packed with farro, white beans, kale, and plenty of lemon.

YIELD: 4 servings **ACTIVE TIME:** 20 minutes **TOTAL TIME:** 1 hour, 10 minutes

INGREDIENTS

- 3 tablespoons olive oil, divided
- 2 large carrots (about 10 ounces), coarsely chopped
- 2 onions, coarsely chopped, divided
- 12 garlic cloves, thinly sliced, divided
- 1 **leftover roasted chicken carcass**, meat picked off in large pieces and reserved, or 1 1/2 cups shredded cooked chicken
- 10 cups low-sodium chicken broth
- 1 1/2 cups whole farro
- 2 1/2 teaspoons kosher salt, divided
- 1 (15-ounce) can cannellini (white kidney) beans, drained, rinsed
- 1 cup thinly sliced Tuscan kale
- 2 tablespoons fresh lemon juice
- 1/8 teaspoon freshly ground black pepper
- 4 tablespoons **radish-top salsa verde** (optional)
- 1/4 cup coarsely chopped dill
- 1 baguette, sliced, toasted

- Lemon wedges (for serving)

PREPARATION

Heat 2 Tbsp. oil in a large pot over medium-high. Cook carrots, half of the onion, and 3 sliced garlic cloves, stirring occasionally, until softened and lightly browned, about 5 minutes. Add chicken carcass, if using, and broth; cover and simmer 30 minutes. (If you're not using carcass, simmer 15 minutes.)

Meanwhile, toast farro in another large pot over medium heat, stirring occasionally, until it starts to brown and smells nutty, about 3 minutes. Stir in 1 tsp. salt and 3 cups water. Cover and simmer until farro is tender and liquid evaporates, about 30 minutes; strain any remaining liquid, if necessary. Set aside 2 cups farro for [Dill-Crusted Pork Tenderloin](#) or reserve for another use.

Strain chicken broth mixture through a fine-mesh sieve into a large bowl; discard carcass and vegetables. Set aside 2 cups broth for [Potato, Leek, and Pea Pot Pie](#) or reserve for another use.

Wipe out pot, then heat remaining 1 Tbsp. oil over low. Cook remaining onion and 9 sliced garlic cloves, stirring occasionally, until tender and light golden, 8–10 minutes. Add remaining broth left in bowl, increase heat to medium-high, and bring to a simmer. Add reserved chicken meat, beans, kale, lemon juice, pepper, and remaining 1 1/2 tsp. salt and farro left in pot; cook until vegetables are cooked through, 3–5 minutes.

Divide soup among bowls. Stir 1 Tbsp. salsa verde into each bowl, if using, and sprinkle with dill. Serve with baguette slices and lemon wedges alongside.

Do Ahead

Soup can be made 2 days ahead. Chill in a resealable container.

Cooks' Note

Instead of salsa verde, you can use coarsely chopped parsley, cilantro, and/or mint. This recipe uses whole farro rather than the semi-pearled variety. To substitute farro, use wheat berries.