

# Farro Broccoli Parmesan Risotto



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## Ingredients

- 1/2 cup of white wine
- 9 1/2 cups of vegetable broth
- 1 1/4-pound of broccoli
- 3 tablespoons canola oil
- 1/2 cup yellow onion
- 3 tablespoons garlic, minced
- 1/2-pound farro, dry
- 1/8 teaspoon black pepper
- 3 tablespoons parmesan cheese, grated



## Directions

1. In a pot, combine white wine and vegetable broth. Bring up to a simmer. Hold hot while cooking risotto.
2. Roughly chop broccoli (use all of broccoli: stems and florets).
3. Place broccoli in a food processor and pulse until it is in pieces the size of rice.
4. Heat oil in a pan. Sweat onions and garlic until softened.
5. Add farro. Stir to coat with oil and toast until fragrant, for about 1 minute.
6. Add broth/wine mixture to farro by the ladle full; allowing each bit of liquid to be absorbed before adding more. Continue until almost all liquid has been absorbed.
7. Stir in broccoli "rice" and cook for 30 seconds. \*DO NOT overcook; broccoli cooks quickly. \*
8. Remove risotto from heat and stir in black pepper and parmesan. Combine all ingredients in a large bowl. Refrigerate for 2 hours prior to serving to allow flavors to combine.