

Mediterranean Farro Salad

WITH SIMMERED WHITE BEANS

SHOPPING LIST:

PRODUCE

- ☐ 1 LEMONS
- ☐ 1 HEAD OF GARLIC
- ☐ 1 PINT CHERRY TOMATOES
- ☐ 1 CUCUMBER
- ☐ 1 RED ONION
- ☐ 1 YELLOW ONION
- ☐ 1 BULB FENNEL
- ☐ 1 JAR ROASTED RED PEPPERS
- ☐ 1 BUNCH FRESH HERB (PARSLEY, OREGANO, DILL, BASIL OR MINT)
- ☐ 1 SHALLOT
- ☐ 1 BUNCH OF A GREEN (KALE, CHARD, OR ESCAROLE)

DRY GOODS

- ☐ 12 OZ. BAG WHOLE FARRO,
- ☐ 15 OZ. CAN WHITE BEANS
- ☐ 8 OZ. JAR DIJON MUSTARD\
- ☐ 2 OZ. ITALIAN SEASONING
- ☐ 2 OZ. RED PEPPER FLAKES
- ☐ 12 OZ. RED WINE VINEGAR
- ☐ 32 OZ. CHICKEN OR VEGETABLE STOCK
- ☐ OLIVE OIL
- ☐ CANOLA OIL
- ☐ KOSHER SALT
- ☐ FRESHLY GROUND BLACK PEPPER

DAIRY

- ☐ 4 OZ. FETA CHEESE



EQUIPMENT LIST:

- ☐ CUTTING BOARD & KNIFE
- ☐ LARGE SKILLET OR DUTCH OVEN
- ☐ WOODEN SPOON
- ☐ TONGS
- ☐ MEDIUM POT
- ☐ FINE MESH COLANDER
- ☐ BAKING SHEET OR WIDE PLATTER
- ☐ LARGE MIXING BOWL
- ☐ SMALL MIXING BOWL
- ☐ MEASURING CUP
- ☐ WHISK