



Farro Salad with Tomato & Herbs

6 servings

55 minutes

Ingredients

- 3 cups Bone Broth ((beef or chicken))
- 1 cup Farro
- 2 tsps Sea Salt
- 2 cups Diced Tomatoes
- 1 tbsp Chives
- 1/2 Sweet Onion
- 1/4 cup Dried Parsley ((chopped))
- 2 Garlic
- 2 tsps Balsamic Vinegar
- 1 tsp Black Pepper
- 1/4 cup Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	229
Fat	10g
Carbs	28g
Fiber	3g
Sugar	5g
Protein	6g
Cholesterol	0mg
Sodium	815mg
Potassium	78mg
Vitamin C	11mg
Calcium	50mg
Iron	1mg
Vitamin D	0IU
Folate	9µg
Vitamin B12	0µg
Magnesium	8mg
Zinc	0mg

Directions

- 1 Combine the bone broth and farro in a medium saucepan. Add 2 teaspoons of salt. Bring to a boil over high heat. Reduce the heat to medium-low, cover, and simmer until the Farro is tender, about 30 minutes. Drain well, and then transfer to a large bowl to cool. Add the tomatoes, onion, chives, and parsley to the Farro, and toss to combine. In a medium bowl, whisk together the garlic, vinegar, salt, pepper, and olive oil. Add the vinaigrette to the salad and toss to coat. The salad can be refrigerated overnight. Bring to room temperature before serving. Perfect on top a salad or a dinner side dish. Enjoy!

Notes

Benefits of bone broth: I prepare Farro Salad using organic bone broth, this gut healing source of vitamins, collagen, phyto-nutrients and protein.

Vegan alternative: Use water in place of the bone broth in this recipe if you're following a vegan diet.