

Simple Farro



Ingredients

1 cups farro, raw

2 cups vegetable broth

Prep time: 10 minutes

Cook time: 30 minutes

Directions

1. 1 cup of farro and 2 cups of vegetable broth into rice cooker or pot. Cover it.
2. If using a convection oven, preheated oven to 350 °F convection (400 °F standard). Place rice in a covered pan 25 to 30 minutes or until liquid is absorbed and grains are tender. Minimum internal temperature should be 140 °F or above.
3. Cool quickly to internal temperature of 40 °F or below.

Nutritional Information

Calories	101
Total Fat.....	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Total Carbohydrate....	21 g
Dietary Fiber	3 g
Sugar	2 g
Protein	5 g
Sodium	2 mg
Potassium.....	121 mg
Serving Size	1/3 cup
Recipes yields.....	6 servings