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Winter Greens Chicken Soup

Serves 6-8

2 tablespoons olive oil
1 medium onion, diced
1 carrot, diced
3 garlic cloves, chopped
2 medium red potatoes cut into ½ inch dice
½ cup dried farro or pearly barley
3 teaspoons fresh thyme, chopped or 1 tsp dried
1 teaspoon fresh rosemary, chopped or ½ tsp dried
2 bay leaves
1-15 ounce can chickpeas, drained and rinsed
4 cups kale leaves, chopped
1 -15 ounce can of diced tomatoes with juice
1 tablespoon Worcestershire sauce
6-8 cups chicken broth or vegetable broth
2 cups shredded, cooked chicken (add more to your liking)
¼ cup flat-leafed parsley, chopped
Kosher salt and pepper, freshly ground
1/3 cup grated Parmesan cheese

Equipment

Cutting board
Chef's knife
8-12 qt soup pot

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1. Place olive oil, onions, and carrots in a large soup pot over medium-low heat and cook until vegetables are tender and onion is translucent about 5-8 minutes. Add the garlic and cook for 1 minute.
2. Add the diced potatoes, farro, herbs, chickpeas, diced tomatoes, Worcestershire, and broth. Raise the heat and bring the soup to a boil. Immediately reduce the heat and cook the soup at a simmer for 30 minutes. Add the shredded, cooked chicken and chopped parsley, and simmer for two minutes to heat the chicken. Season with kosher salt and freshly ground black pepper to taste. Serve with grated parmesan on the side.