



Farro and Kale

Ingredients:

1 cup farro
1 bunch dinosaur kale -- leaves only
1/2 white onion, sliced
4 garlic cloves, crushed
1/4 cup extra virgin olive oil
Salt and pepper to taste
4 criminal mushrooms, sliced
1 red tomato, chopped.

Directions:

Cook farro according to directions on packages. In a large pot, bring sated water to a boil and cook kale until tender, about 2-3 min.

In a skillet, heat up oil with onions and garlic until onions have softened. Season with salt and pepper.

Add mushrooms and cook until browned then add kale, farro and stir in tomato before serving.