



MONDAY

MUSHROOM BEEF FARRO SOUP

Cost per serving \$3.46

PREP 10 min COOK 10 min SERVES 6 YIELD 9 cups

- 1 tbsp Longo's 100% Pure Canola Oil
- 1 pkg (114 g) Longo's Shiitake Mushrooms, stemmed and sliced
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 cup Mushroom Sauté (from Sunday prep)
- 12 oz cooked lean ground beef (from Sunday prep)
- 1 red bell pepper, chopped
- 3 cups (750 mL) Longo's Chicken Broth
- 2 cups water
- 1/2 tsp Worcestershire sauce or salt
- 2 cups Cooked Farro (from Sunday prep)
- 1 cup Longo's Frozen Peas
- 2 tbsp chopped fresh parsley

Longo's Basil Pesto for garnish

HEAT oil in soup pot over medium heat and cook mushrooms, onion and garlic for 3 minutes to soften. Stir in Mushroom Sauté; cook, stirring for 1 minute. Stir in beef, pepper, broth, water and Worcestershire sauce; bring to a boil.

STIR in farro, peas and parsley; cook for 5 minutes or until heated through. Dollop with pesto to serve.

SERVE with salad greens dressed with Longo's Balsamic bread dipper.

PER SERVING (1 1/2 cups): 369 calories; 23 g protein; 14 g fat; 38 g carbohydrate; 5 g fibre; 6 g sugars; 526 mg sodium