

Recipes makes: 12 (1 ½ cups per serving)



Ingredients-

- ♥ 3 lb. beef chuck roast
- ♥ ½ cup D'Avolio farro
- ♥ 1 bay leaf
- ♥ 2 Tbsp. D'Avolio Extra Virgin Olive Oil
- ♥ 3 carrots, chopped
- ♥ 3 stalks of celery, chopped
- ♥ 1 onion, chopped
- ♥ 1 (16 oz) pkg. frozen vegetables (peas, carrots, corn mix)
- ♥ 4 cup beef stock
- ♥ ¼ tsp. ground black pepper
- ♥ 1 (28 oz) can of chopped stewed tomatoes
- ♥ Pepper to taste (optional)

PREPARATION:

1. Cook chuck roast and two cups of stock in slow cooker for 4 to 5 hours on high, add farro and bay leaf during last hour of cooking
2. Remove meat and chop into bite sized pieces. Discard bay leaf. Set beef, broth, and farro aside.
3. Heat oil in a large stock pot over medium-high heat. Sauté carrots, celery, onion, and frozen mixed vegetables until tender. Add contents saved from crock pot, chopped stewed tomatoes, and ¼ tsp. pepper.
4. Bring to a boil, reduce heat, and simmer 10-20 minutes. Season with additional pepper to taste.

Nutrition Facts	
Serving Size: 1 serving (344.0g)	
Servings: 1	
Amount Per Serving	
Calories 320	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 6g	30%
Trans Fat 1g	
Cholesterol 80mg	26%
Sodium 300mg	13%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 25g	
Vitamin A 70%	Vitamin C 15%
Calcium 6%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet.	

