



FANIMAL
RECIPES



SHITAKE MUSHROOM AND BRUSSEL SPROUT FARRO

TOTAL TIME: 40 MIN

- 4 cups water
- 1 cup pearled farro
- 2 Tbsp olive oil
- 1 small red onion, chopped
- 3 garlic cloves, coarsely chopped
- ½ jalapeño, chopped
- 1 cup fresh shiitake mushrooms, sliced
- 1 stalk celery, sliced on a bias
- 8-10 brussel sprouts, sliced
- 2 tbsp lemon juice and soy sauce

- 1** Bring water to a boil in a medium saucepan. Add farro, and simmer with a lid on for about 20 minutes or until tender. Drain off excess water and set aside.
- 2** In a large heavy pot or dutch oven, add olive oil, red onion, garlic and jalapeño and sauté over medium heat for 3 minutes.
- 3** Add mushrooms and 1 Tbsp soy sauce, and sauté for 1 minute. Add Brussels sprouts and celery and sauté for 1 minute.
- 4** Stir in farro, remaining soy sauce, and lemon juice. Taste, and adjust seasonings. Enjoy!

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