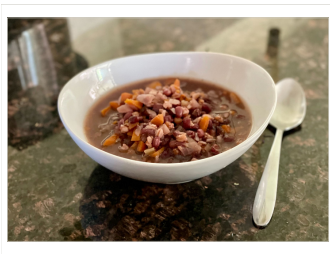


FAST FARRO ADZUKI BEAN SOUP RECIPE

SERVES ABOUT A THOUSAND 🤪

INGREDIENTS

- 1.5 cups adzuki beans, rinsed
- 1 cup uncooked farro
- 3 large carrots, chopped small
- 1 red onion, chopped small
- 3 cups red cabbage, chopped small
- 3 stalks celery, chopped small
- 2 boxes no- or low-sodium veggie broth
- Spices to taste, I used about 1-2 tsp of each McCormick fiesta citrus, Mrs dash Tomato basil garlic, Trader Joe's 21 Seasoning Salute, Tajin (contains salt, optional) and Noble Made All Purpose (contains salt, optional)
- Lemon juice and nutritional yeast to taste with each serving



DIRECTIONS

In an instant pot, add all ingredients, stir to combine and set to bean setting for 22 minutes. Release pressure naturally. Warm to serve and add lemon juice and nutritional yeast for more flavor with each serving.