

Italian Beef and Farro Soup

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When the air turns crisp and the leaves start to fall, there's nothing better than a warm, hearty soup to bring everyone to the table. This **Italian Beef and Farro Soup** was a favorite in our restaurant's fall menu—rich, rustic, and packed with flavor. Tender cubes of sirloin simmer alongside sweet carrots, celery, and aromatic herbs in a savory tomato and beef broth, while pearled farro adds a nutty, chewy texture that makes every bite satisfying. It's the kind of soup that warms both the kitchen and the heart, perfect for a cozy weeknight or a Sunday dinner with family.

Things to know about this Italian Beef and Farro Soup

- **What is farro?**

Farro is an ancient Italian grain with a nutty flavor and chewy texture. It's a staple in Tuscan cooking and makes soups hearty without feeling heavy.

- **Can I substitute farro?**

Yes! If you don't have farro, barley works beautifully. Rice or small pasta can be used too, but they'll change the texture.

- **Best cut of beef:**

Sirloin works wonderfully here because it stays tender in a shorter simmer. You can also use stew meat, chuck, or even leftover roast beef.

- **Make-ahead friendly:**

This soup tastes even better the next day as the flavors

develop. Farro holds up better than pasta, so it won't turn mushy.

▪ **Freezer tip:**

Freeze in portions without adding the parsley and Parmesan. Add those fresh when reheating for the best flavor.

▪ **Serving suggestion:**

A drizzle of good olive oil, a sprinkle of Parmesan, and warm crusty bread make this a complete meal

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Ingredients

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- 1 pound sirloin, cut into 1-inch cubes
- 2 tablespoons olive oil
- 1 medium onion, finely chopped
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 3 garlic cloves, minced
- 1 can (14.5 oz) diced tomatoes
- 6 cups beef broth
- 1 teaspoon fresh rosemary, chopped (or $\frac{1}{2}$ teaspoon

dried)

- $\frac{3}{4}$ cup pearled farro
- Salt and freshly ground black pepper, to taste
- $\frac{1}{4}$ cup fresh parsley, chopped
- Freshly grated Parmesan, for serving

Instructions

1. **Brown the beef:** Heat olive oil in a large pot over medium-high heat. Add sirloin cubes and sear on all sides until browned. Remove and set aside.
2. **Sauté vegetables:** In the same pot, add onion, carrots, and celery. Cook until softened, about 5–6 minutes. Add garlic and cook 1 more minute.
3. **Build the soup base:** Return the beef to the pot. Stir in diced tomatoes, beef broth, thyme, and rosemary. Bring to a boil, then reduce heat and simmer for 25–30 minutes until the beef is tender.
4. **Cook the farro:** Add the farro and simmer for another 20–25 minutes until the farro is tender but chewy. Stir occasionally and add a bit more broth or water if needed.
5. **Season and finish:** Taste and adjust salt and pepper. Stir in fresh parsley just before serving.
6. **Serve:** Ladle into bowls, sprinkle with Parmesan, and enjoy with crusty Italian bread.