



**Skillet Chicken Thighs With Broccoli and Orzo**  
Aaron Hutchinson  
50 minutes



**Spiced Chickpea Stew With Coconut and...**  
Alison Roman  
55 minutes



**Lemony Carrot and Cauliflower Soup**  
Melissa Clark  
40 minutes



**Creamy Leek and Parsnip Soup**  
David Tanis  
25 minutes



**Chick From...**  
2 hours



# Chicken Soup With Toasted Farro and Greens

By [Colu Henry](#)

**YIELD** 4 to 6 servings

**TIME** 45 minutes

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Somewhere between a soup and a stew, this comforting dish starts with chicken stock seasoned with leeks, carrots and celery. Garlic and fennel seeds are toasted along with the farro to add another layer of flavor. Boneless chicken thighs are cooked in the broth, then greens are tossed in just before serving. This soup is best served right away, as the farro will continue to absorb liquid as it sits, but leftovers can be reheated with some additional broth or water over low heat. Lemon zest lends a lovely lift, but a spoonful of chile oil would also be lively addition.



Christopher Testani for The New York Times. Food stylist: Simon Andrews.

American, Soups And Stews, Carrot, Chicken, Chicken Thigh, Farro, Leek, Swiss Chard, Dinner, Weeknight, Main Course

Mark as **Cooked** | 341 ratings ★★★★★☆

## INGREDIENTS

- 2 tablespoons olive oil
- 2 medium leeks, white and light green parts only, halved and thinly sliced (about 1 1/2 cups)
- 2 medium carrots, peeled and thinly sliced into rounds
- 1 celery stalk, thinly sliced
- 3 garlic cloves, finely chopped
- 1 teaspoon fennel seeds, gently crushed or roughly chopped
- 1/2 teaspoon red-pepper flakes
- Kosher salt and black pepper
- 1 cup farro, rinsed
- 6 cups homemade or store-bought low-sodium chicken stock
- 3/4 pound boneless, skinless chicken thighs
- 5 cups stemmed and roughly chopped Swiss chard, or other quickly-wilting greens like kale or spinach
- Lemon zest, for serving (optional)

Add to Your Grocery List

## PREPARATION

### Step 1

Heat the oil in a large stock pot or Dutch oven over medium. Add the leeks, carrots and celery, and cook, stirring occasionally, until they have softened, but have not taken on any color, 4 to 6 minutes.

### Step 2

Add the garlic, fennel seeds and red-pepper flakes, and cook until fragrant, about 1 minute. Season well with salt and pepper.

### Step 3


Add the farro and cook, stirring frequently, until slightly toasted, 1 to 2 minutes. Add the stock and chicken thighs. Bring to a boil, then reduce heat to a simmer. Cook until the chicken has cooked through and is no longer pink, 10 to 12 minutes, skimming any bits of foam that float to the surface, if desired. Using a slotted spoon or tongs, transfer the chicken to a cutting board. When cool enough to touch, shred the chicken into bite-size pieces.

### Step 4

Continue simmering the soup until the farro is tender but still toothsome, about 20 minutes more. Add the chicken back to the pot along with the greens and stir until greens are gently wilted. Taste and adjust seasonings as needed.

### Step 5

Ladle into bowls and grate lemon zest over top, if desired.



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#### COOKING NOTES

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**Riley A.** | 11 months ago

Really enjoyed this recipe, perfect for big batches and keeps really well in fridge/freezer. Lemon zest is listed as optional but without it the soup lacked acidity, so much so that I also added juice from half the zested lemon. Great cold weather meal!

👍 28 This is helpful



**Isabelle** | 9 months ago

A PHENOMENAL soup that was even approved by my Dad (a master in the kitchen). Changed the following amounts but kept prep the same:

- 3 medium carrots
- 2 celery stalks
- 1 large leek
- 3 giant (like, "wait, is this GMO?" large) cloves of garlic
- regular sodium chicken broth
- Doubled the fennel
- Doubled the red pepper flakes
- Tripled (maybe quadrupled?) the pepper
- Upped the salt to taste
- MOST IMPORTANTLY, added a good handful of herb de provenance

Enjoy!

👍 13 This is helpful



**prunefect** | 4 weeks ago

This is DELICIOUS. The only change I made was to use boneless chicken breast because it's what I had. I would suggest not making this if you don't want to include the fennel seed and lemon zest. Especially the fennel. It will not taste like fennel or licorice but it adds something magical to the flavor of the broth. I only wish there was more broth. Next to me I will increase quantities of everything except chicken and farro. This is the best thing I've eaten in a while, very enthusiastic.

👍 8 This is helpful



**Emma** | 11 months ago

Delicious hearty winter soup. I doubled the recipe and added another 4 cup of chicken stock towards the end after adding the kale. I made a big alteration on used chicken apple sausage instead of chicken thighs and put them in before adding the kale. I also added in a zucchini I had on hand that needed to be used.

👍 3 This is helpful

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Skillet Chicken and Pearl



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Hard

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Colu Henry

30 minutes



### Couscous With Moroccan...

Colu Henry

1 hour



### Thai-Style Vinaigrette

Colu Henry

20 minutes



### Fried Eggs and Herbs

Colu Henry

35 minutes



### W...

Colu Henry

40 minutes



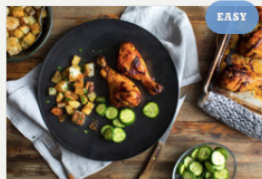
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Melissa Clark

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Colu Henry

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