



SWEET POTATO, KALE & FARRO STUFFING

LEVEL: Beginner

SERVINGS: 4

INGREDIENTS

- 1 pound sweet potatoes (1 large or 2 small), peeled and cut into 1" cubes
- Sea salt and freshly ground black pepper to taste
- Avocado oil
- ¾ cup farro (the semi-pearled variety cooks faster)
- 1 tablespoon fennel seeds
- 1 to 2 tablespoons olive oil, plus more for drizzling
- 1 medium yellow onion, chopped
- 2 stalks celery, diced small
- 3-4 cloves garlic, minced
- 1 teaspoon dried sage
- 1 teaspoon dried thyme
- 1 cup shitake mushrooms, diced
- 1 tablespoon fresh rosemary minced
- 1 tablespoon fresh parsley minced, plus more for garnish, if desired
- 1 bunch kale, chopped into bite-sized pieces
- 1 large egg
- 1 cup vegetable broth

INGREDIENT SWAPS

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|--------------|---|---|
| Avocado oil | → | Coconut oil, grapeseed oil, safflower oil, or other oil with high smoke point |
| Sweet potato | → | Butternut squash, acorn squash, pumpkin |
| Kale | → | Collards, swiss chard, collaloo |
| Farro | → | Brown rice, loaf of bread, barley |

SUPPLIES

- Measuring cups
- Measuring spoons
- Chef's knife
- Cutting board
- An oven
- Large rimmed baking sheet
- Medium saucepan
- Large cast iron, or heavy bottomed, ovenproof skillet
- Medium bowl
- Parchment paper
- Aluminum foil

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INSTRUCTIONS

1. Roast the sweet potatoes: preheat your oven to 425° F and line a large, rimmed baking sheet with parchment paper for easy cleanup. Place the cubed sweet potato on the pan and drizzle with enough avocado oil to lightly coat the sweet potatoes. Sprinkle with salt and pepper, and dried herbs, then toss until the sweet potatoes are thoroughly coated in oil and spices. Arrange the sweet potatoes in a single layer and roast for 20 to 30 minutes, tossing halfway, until they are caramelized on the edges and tender when pierced with a fork.
2. Cook the farro: bring a medium saucepan of salted water to boil over high heat. Add the farro, then reduce heat to a simmer. Cook, stirring occasionally, until the farro is tender to the bite but still chewy (pearled farro will take as little as 15 minutes; unprocessed farro will take 25 to 40 minutes). Drain the excess water and return the farro to the pot. Taste and add salt if needed. Set aside.
3. Sauté the mushrooms and then kale: in a large, dry cast iron skillet, over medium high heat, add the fennel seeds and cook until lightly browned. Then add the olive oil, onion, celery, garlic and dried herbs and cook for about 3 minutes, until soft and fragrant. Add the mushrooms and stir to combine, then shake the pan so that the mushrooms sit in a single layer separate from each other and leave it alone to brown for about 5- 6 minutes. Stir to make sure the other side gets browned. Then salt, taste and adjust flavors. To this add the fresh herbs and chopped kale. Taste and adjust flavors as needed.
4. Assemble the stuffing: once the sweet potatoes are roasted, add them to the large skillet along with the farro. Mix to combine, taste and adjust the flavors. Note: this can be eaten now just as is!
5. Lower the oven temperature to 375 degrees. Bake the stuffing: whisk egg and broth with a pinch of salt in a medium bowl, pour it over the stuffing mixture and gently fold it in until evenly combined. Pack the stuffing down with a spatula, cover with foil and bake until you can see some bubbles around the edge of the pan, 20–25 minutes. Remove the foil and bake until the top is golden brown and crisp, 10-15 minutes more.
6. Serve and enjoy!

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