

Peasant Soup with Flax Farfel

1 lb.	lean ground beef or any fresh ground meat	500	g
¼ cup	finely chopped onion	50	mL
2	cloves garlic, minced	2	
1 tsp.	crushed basil	5	mL
½ tsp.	crushed oregano	2	mL
8 cups	chicken stock	2	L
1 cup	dried farfel or 1 ¼ cup (300 mL) fresh	250	mL
19 oz.	can white kidney beans, drained	540	mL
10 oz.	frozen chopped spinach, thawed, squeezed dry	300	g
2 tbsp.	ketchup	25	mL
	fresh grated Parmesan cheese		

- Sauté meat in large saucepan over medium heat until almost all pink is gone, about 7 minutes.
- Drain off any fat.
- Add onion, garlic, basil and oregano. Stir and cook 2 minutes.
- Add chicken stock. Bring to a boil over medium-high heat. Reduce heat and simmer 10 minutes.
- Stir in dried or fresh farfel, cook until done, about 15 minutes for dried, 7 minutes for fresh.
- Add beans, spinach and ketchup. Bring to a simmer and cook 5 minutes.
- Serve with fresh grated Parmesan cheese.

Yield: 12 servings

Serving Size: 1 cup (250 mL)

Flax Farfel

1 cup	unbleached all purpose flour	250	mL
1/3 cup	ground flaxseed	75	mL
½ tsp	salt	2	mL
2	large eggs	2	

- In a bowl, combine flour, ground flaxseed and salt. Mix well. Turn out onto counter.
- Make well in centre, break eggs into well.
- Beat eggs with a fork, slowly bringing flour and flaxseed into mixture.
- As the dough starts to thicken, use your hands to form a ball.
- Knead 2 minutes. Dough will be stiff.
- Let rest under a bowl for 20 minutes.
- Coarsely grate onto floured surface, toss to coat with flour.
- Shake off excess flour. Store farfel in a paper bag.
- Can be cooked fresh or left to dry overnight.

Single Serving Nutrient Values

Calories	187.40	
Protein	15.00	g
Carbohydrate	18.40	g
Fiber	3.90	g
Fat	6.50	g
Saturated	2.50	g
Monounsaturated	2.50	g
Polyunsaturated	.90	g
Cholesterol	50.90	mg
Folate	77.10	mcg
Potassium	397.20	mg
Sodium	576.90	mg