



One-Pot Farro with Chicken Sausage, Fennel, & Tomatoes

Prep Time: 15 minutes
Cook Time: 40 minutes
Yield: 4 servings

INGREDIENTS

- 1 tablespoon olive oil**
- 1 pound chicken sausage (sliced into ½-inch rounds)**
- 1 small yellow onion, diced**
- 1 medium fennel bulb, trimmed, cored, and thinly sliced**
- 3 garlic cloves, minced**
- 1 cup farro (pearled or semi-pearled for quicker cooking)**
- 1 (14.5-ounce) can diced tomatoes**
- 3 cups low-sodium chicken broth**
- 1 teaspoon dried oregano**
- 1 teaspoon smoked paprika (optional)**
- Salt and freshly ground black pepper, to taste**
- 2 cups baby spinach (optional, for added greens)**
- ½ cup grated Parmesan cheese (for serving)**
- Fennel fronds (optional, for garnish)**

DIRECTIONS

Prep the Ingredients:

Thinly slice the fennel bulb, saving the fronds for garnish.

2. Cook the Chicken Sausage:

Heat olive oil in a large pot or Dutch oven over medium heat. Add the sliced chicken sausage and cook for 4–5 minutes, until browned. Remove and set aside.

3. Sauté the Aromatics:

Add the onion and fennel to the pot. Cook for 5–6 minutes, stirring occasionally, until softened. Stir in the garlic and cook for 1 more minute until fragrant.

Add Farro & Liquid:

Stir in the farro, diced tomatoes (with their juices), chicken broth, oregano, smoked paprika, salt, and pepper. Bring to a boil, then reduce the heat to low. Cover and simmer for 25–30 minutes, stirring occasionally, until the farro is tender and has absorbed most of the liquid.

Finish the Dish: Return the cooked chicken sausage to the pot and stir in the baby spinach (if using) until wilted. Taste and adjust seasoning with additional salt and pepper if needed.

Serve: Ladle into bowls and top with grated Parmesan cheese and fennel fronds for garnish.



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Recipe adapted from:
Chef Floyd