



Makes 10 cups
Preparation Time: 15 minutes
Cook Time: 3 hours 15 minutes

INGREDIENTS:

3 cups low-sodium vegetable broth

1 cup water

1½ cups pearled farro

3 medium carrots, peeled and cut into ¼-inch slices

1 15-oz. can no-salt-added chickpeas, rinsed and drained (1½ cups)

1 12-oz. package frozen artichoke hearts

1 medium fennel bulb, trimmed and chopped (save fronds for garnish)

¾ cup chopped onion

4 cloves garlic, minced

1 teaspoon dried oregano, crushed

1 teaspoon dried dill weed

¾ teaspoon sea salt

3 cups fresh baby spinach

¼ cup thinly sliced pitted Kalamata olives

Freshly ground black pepper

Lemon wedges

Greek-Style Slow-Cooker Farro with Chickpeas and Artichokes

This hearty **farro** and vegetable stew takes its inspiration from the bright, rustic flavors of **Greece**—think briny Kalamata olives, fresh lemon, and fragrant oregano and dill. Best of all, it's a true dump-and-go recipe: Just layer everything into your slow cooker, set it to low or high depending on when you want dinner ready, and let it work its magic. Finish with tender spinach and a sprinkle of fennel fronds. If you get a fennel bulb that's skippy on the fronds, use mint or parsley leaves instead.

For more inspiration, check out these tasty ideas:

- [Hearty Slow-Cooker Vegetable Stew](#)
- [Roasted Garlic, Delicata Squash, and Farro Stew](#)
- [Mediterranean Farro Salad](#)
- [Greek Salad with Sun-Dried Tomato Tofu Feta](#)

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- 1 In a 5- to 6-quart slow cooker layer the first 12 ingredients (through salt), keeping the farro submerged and at the bottom of the slow cooker. Cover and cook on low ¾ to 1½ hours or on high 1½ to 1¾ hours.
- 2 Stir in spinach. Sprinkle servings with olives, pepper, and fennel fronds. Serve with lemon wedges.