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# Mediterranean Grain Stuffing

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Preparation Time: 1 hour 30 minutes

Start to Finish Time: 2 hours 45 minutes

**1 cup wild rice**  
**4 cups low-sodium chicken broth**  
**Kosher salt**  
**1 cup farro, rinsed**  
**1 cup long-grain white rice**  
**1 stick unsalted butter, plus more for the pan**  
**1 red onion, chopped**  
**3 stalks celery, chopped**  
**3 carrots, chopped**  
**freshly ground black pepper**  
**2 teaspoons dried thyme**  
**1 preserved lemon, seeded and finely chopped**  
**1 cup kalamata olives, pitted and roughly chopped**  
**1 can (28 ounce) diced tomatoes**  
**chopped fresh parsley or basil (for topping)**

In a large pot, combine the wild rice, broth, four cups of water and two cups of salt. Bring to a boil. Reduce the heat to a simmer. Cover and cook for 20 minutes. Add the farro and cook, covered for 20 more minutes. Add the white rice and cook, covered, for another 10 to 20 minutes, until all the grains are tender. Drain any excess liquid, then spread out the grains on a baking sheet and let cool to room temperature.

Preheat the oven to 350 degrees. Butter a 9-x-13-inch or other three-quart baking dish.

In a large skillet over medium-high heat, melt six tablespoons of butter. Add the red onion, celery and carrots. Season with one teaspoon of salt and one teaspoon of pepper. Cook, stirring, until the vegetables are tender, about 8 minutes. Add the thyme and cook for about 1 more minute.

In a large bowl, combine the cooled grains, vegetable mixture, preserved lemon, olives and tomatoes. Transfer to the baking dish. Dot with the remaining two tablespoons of butter. Cover with foil.

Bake for 25 minutes, then uncover and bake until the stuffing is heated through and the top is lightly browned around the edges, 20 to 30 more minutes.

Top with parsley or basil before serving.

Yield: 8 to 10 servings

## Side Dishes

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*Per Serving (excluding unknown items): 3063 Calories; 169g Fat (46.0% calories from fat); 90g Protein; 358g Carbohydrate; 28g Dietary Fiber; 248mg Cholesterol; 5578mg Sodium. Exchanges: 17 1/2 Grain(Starch); 5 Lean Meat; 9 Vegetable; 14 1/2 Fruit; 32 Fat.*