Wheat Berry Soup

A simple but delicious hearty beef soup with wheat berries
Yield:

about 4 quarts
Ingredients:

2 cups wheat berries
3 quarts of water, approx.
1 1/2 pounds inexpensive beef roast or steak
1 1/2 cups chopped onion
2 cloves garlic, minced
1 1/2 cups chopped celery
2 teaspoons salt (or more, depending on your preference)
1/2 teaspoon black pepper
Instructions:

1. Soak wheat berries in 4 cups of the water for 12-24 hours.

2. Trim fat from meat and dice into bite-sized pieces.

3. In a large stock pot, brown meat with onion and garlic. When meat
is browned, add the celery and part of the water (maybe about 6 cups),
so that the meat is completely covered.

4. Cover the pot, and bring to a boil. Stir, cover again, reduce heat, and simmer for about 30 minutes.

5. Add the wheat berries (including the water in which they have been
soaking), cover, and bring back up to a boil. Reduce heat and simmer,
covered, for about 2 1/2 hours. The wheat is fully cooked when the
berries are soft, chewy, and split.

6. Add an additional 2-4 cups of water to make the broth/soup the desired strength. We like less broth, but if you prefer a more watery soup, you might want to add a little more water. Season with salt and pepper.



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This recipe is from Tammy’s Recipes.