

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.