



Garlic and Kale Soup

Serves 6

- ½ cup wheat berries
- 2 tbl. olive oil
- 3.5 oz. shitake mushrooms, stemmed and thinly sliced (1 cup)
- 10 cloves garlic, peeled and thinly sliced
- ¼ cup brown rice vinegar
- 4 cups low-sodium vegetable broth
- 1 bunch kale (10 oz.), stemmed and coarsely chopped

Soak wheat berries in large bowl of cold water overnight.

Heat oil in 2-qt. saucepan over medium heat. Add mushrooms, and season with salt, if desired. Sauté mushrooms 10 minutes, or until beginning to brown. Add garlic, and sauté 2 minutes more. Stir in vinegar; simmer until vinegar is almost evaporated, stirring to scrape up browned bits from pan.

Drain wheat berries, and add to mushroom mixture with vegetable broth and 1 cup water. Bring to a boil, then reduce heat to medium-low, and simmer 20 minutes. Add kale, and cook 10 to 20 minutes more, or until kale is tender. Season with salt and pepper, if desired.

Credit - Vegetarian Times