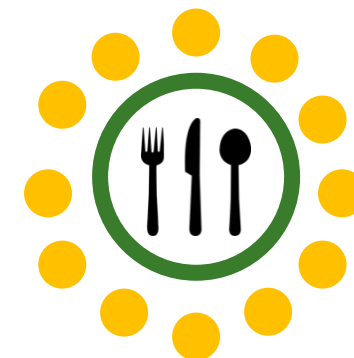


recipe of the week:

Wheat Berry Chili



ingredients:

1 cup wheat berries

3 cups water

1 large onion chopped

½ green pepper chopped

½ yellow pepper chopped

4 tsp. chili powder

⅛ tsp. black pepper

1 8-oz. Unsalted tomato sauce

2 cans diced tomatoes

2 cups reduced-sodium beef broth

1 can unsalted kidney beans

1 can unsalted white beans

directions:

1. Cook wheat berries in 3 cups of water for 1 hour then drain

2. Rinse with cool water and drain thoroughly

3. Cook onion and peppers for 1 minute in microwave on medium heat

4. Combine remaining ingredients with wheat berries and cooked veggies in a pot

5. Bring to a boil and simmer uncovered for 1 hour, stirring occasionally

Presented by:

