



## **Emmer and Cannellini Bean Soup**

An Adaptation by Lentz Spelt Kitchens

### Ingredients:

Two 15-½ oz cans Cannellini Beans (drained & rinsed)  
1 cup Resurgent Grains Emmer Berries, soak for two hours & drain  
1 cup tomato puree  
2 garlic cloves  
½ cup chopped celery  
1 cup chopped carrot  
1-½ cup chopped onion  
Fresh rosemary  
Olive oil  
Salt & pepper

Boil Emmer in salted water for 30 minutes. Drain and set aside.

In a saucepan add 2 cups water, 1 garlic clove, 1 twig fresh rosemary, olive oil and 1 can Cannellini Beans, salt & pepper and bring to a boil. Blend Cannellini Beans until creamy. Set aside.

In another saucepan; sauté the celery, carrot, onion & crushed garlic clove in olive oil for approx. 10 minutes, then add tomato puree. Lower heat and add second twig of rosemary.

Add Cannellini mixture one ladleful at a time into sautéed mixture until you have a creamy soup consistency. Add cooked Emmer and second can of Cannellini Beans. Keep heat on low until warmed through. Season with salt and pepper. Serve hot. Delicious with our Spelt Dinner Rolls.

*Courtesy of Lentz Spelt Farms and Resurgent Grains. Go to [www.resurgentgrains.com](http://www.resurgentgrains.com) to purchase Resurgent Grains Organic Emmer Berries.*