

Cumin-Scented Wheat Berry and Lentil Soup

For this hearty, soul-warming soup, you'll save an enormous amount of time if you've [cooked your wheat berries ahead of time and stored them in the fridge or freezer](#). If frozen, there's no need to thaw them before adding them to the soup. Just toss them right in.

1-1/2 cups brown lentils, sorted and rinsed
4 cups vegetable broth
4 cups cold water
3 tablespoons olive oil
3 large carrots, finely chopped
1 medium onion, diced
3/4 teaspoon salt
1/4 teaspoon pepper
4 cloves garlic, minced
1-1/2 teaspoons ground cumin
1-1/2 cups [cooked wheat berries](#)
1 bunch rainbow or Swiss chard, or kale, large ribs discarded, leaves roughly chopped
3 tablespoons fresh lemon juice

Combine the lentils, broth, and water in a soup pot. bring to a boil over high heat, reduce heat, cover, and simmer gently until the lentils are tender but not mushy, about 25 to 30 minutes.

Meanwhile, heat the oil in a large skillet over medium heat. Add the carrots, onion, salt and pepper. Cook, stirring occasionally, until the vegetables begin to brown, about 15 minutes. Add garlic and cumin and cook, stirring constantly, for 30 seconds more. Remove from heat.

When the lentils are tender, stir cooked wheat berries and chard (or kale) into the pot. Cover and simmer until the greens have wilted, about 5 minutes. Stir in the carrot mixture and lemon juice. Adjust seasonings with additional salt, pepper, or lemon, to taste.