



Organic Spelt Berries

Spelt berries are not berries at all. This particular grain is the whole kernel of spelt grain. When cooked, spelt berries have a flavor slightly similar to nuts, in the same way, that spring wheat berries do. They can also be added to salads, stews, and soups.



Spelt Berry & Tomato Stew

Ingredients

- 1 1/2 cups spelt berries, soaked 8 hrs in cold water
- 3 1/2 cups low-sodium vegetable broth
- 1 large green bell pepper, diced
- 1 med. yellow onion, diced
- 3 cloves garlic, finely chopped
- 1/8 tsp crushed red chile flakes
- 1/8 tsp fine sea salt
- 1 (14.5 oz) can fire-roasted diced tomatoes
- 1 (.75 lbs) bunch kale leaves sliced
- 1/4 cup chopped mixed fresh herbs (parsley, thyme, basil, oregano, chives)

Directions

- In a large saucepan, combine spelt, broth, bell pepper, onion, garlic, chile flakes and salt; bring to a boil over high heat.
- Cover pan, lower heat until mixture simmers, and cook, stirring occasionally, until tender, about 40 minutes.
- Add tomatoes and kale and continue to cook until spelt is tender, about 20 minutes more.
- Serve topped with herbs.





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Health Benefits

High in fiber

Excellent Source of Iron & Protein

Rich in Micronutrients & Vitamins

Slow Release Energy

Low Glycaemic index

High in B vitamins

Keep nerves and muscle tissue healthy as well as
the digestive system



To learn more about NJ's grain movement scan this QR code