



Simple | Healthy | Delicious

## Mushroom Wheat Berry Pilaf

### INGREDIENTS

2 teaspoons olive oil
1 1/2 cups onion, chopped
1/2 teaspoon salt
5 cloves garlic, minced
1 tablespoon butter
1 pound mushrooms, sliced
1 tablespoon soy sauce
1/4 cup red wine
1/4 cup chicken broth
1 1/2 cups cooked Nature's Earthly Choice Wheat Berries
1 1/2 cups leftover, cooked rice
1/2 teaspoon fresh thyme leaves, chopped
1 teaspoon fresh rosemary leaves, chopped
1 teaspoon lemon zest, finely chopped
Pepper and additional salt



### DIRECTIONS:

1. Cook Wheat Berries as directed on package.
2. Heat olive oil in large saute pan over low heat. Add onions and salt and sweat until soft, about 10 minutes. Add garlic and continue cooking for 5 minutes. Add butter to pan and melt. Add mushrooms, and soy sauce, increase heat to medium and continue cooking for 5 to 10 minutes, until mushrooms release their liquid. Add wine and chicken broth and simmer 5 minutes, until wine begins to evaporate. Add wheat berries, rice, thyme, rosemary, and lemon zest to heat through. Adjust seasoning, to taste.