Wheat berry, Lentil and Flax Soup

Yield: 10 Servings

Ingredients:

¼ cup Butter
1 onion finely chopped
1 carrot finely chopped
1 celery stalk finely chopped
½ green pepper, finely chopped
5 cups boiling water
½ cup low sodium chicken soup base
2 tsp. granulated garlic
1 bay leaf
2 tsp. Worcestershire sauce
28 oz. tomatoes with herbs and spices; break up tomatoes
½ cup wheat berries or any small soup pasta
½ cup dried lentils, rinsed (green or black)
1 tsp. granulated sugar
½ cup fresh ground flaxseed

Procedure:

In a large pot, over medium to medium-low heat, melt butter. Add onion, carrot, celery and green pepper. Gently sauté over medium-low heat for 20 minutes; stirring occasionally.
Add boiling water, soup base, granulated garlic, bay leaf, Worcestershire sauce, tomatoes with juice, orzo and lentils. Stir. Slowly simmer for 1 hour with lid ajar, stirring occasionally until lentils are soft. Add sugar and ground flaxseed. Stir and serve.