



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
⅓ 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
⅓ cup wheat berries or any small soup pasta
⅓ cup dried lentils, rinsed (green or black)
1 tsp. granulated sugar
⅓ 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.

