

Category:Herbed Tomato and Red Lentil Soup

P-305-00

Soups

G4G Color Code

green

Sodium Code

low

Yield

100 Portions

Each Portion

1 cup (8 oz)

Pan Size and Number

Steam-Jacketed Kettle



Ingredients

| Item | Measure | Weight | Approx Issue |
|------------------------------------|-------------------|------------|--------------|
| LENTILS, RED, DRY | 2 qt | 3 lb 4 oz | |
| SOUP BASE, VEGETABLE, LOW SODIUM | 1 cup | 11-¾ oz | |
| WATER | 4 gal + 1 qt | 34 lb | |
| OIL, CANOLA | ½ cup | 3-½ oz | |
| ONIONS, YELLOW, FRESH, ¼-INCH DICE | 3-¾ qt | 4 lb 7 oz | 5 lb |
| SALT | 2 tbsp + 2 tsp | 1-½ oz | |
| BASIL, DRY, CRUSHED | ¼ cup + 2 tbsp | 0.58 oz | |
| PEPPER, BLACK, GROUND | 2 tbsp | 0.49 oz | |
| OREGANO, DRY, CRUSHED | ¼ cup + 2 tbsp | 0.38 oz | |
| THYME, DRY, CRUSHED | ¼ cup | 0.38 oz | |
| BAY LEAF | 7 leaves | 0.05 oz | |
| TOMATO, CANNED, CRUSHED | 1 gallon + 3-½ qt | 16 lb 6 oz | |

Directions

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
2. Pick through lentils thoroughly, discarding any discolored lentils or foreign debris (this is natural with lentils and other legumes). Rinse lentils well and drain. Reserve for use in Step 6.
3. Reconstitute vegetable stock with water; stir well. Set aside for the use in Step 6.
4. Sweat onions with basil, pepper, oregano, thyme and bay leaves in oil in a steam-jacketed kettle or stock pot for 8 to 10 minutes, until onions are tender.
5. Add lentils, vegetable stock and tomatoes to cooked onion mixture; stir
6. Bring to a boil, reduce heat. Simmer for 45 minutes, stirring occasionally, until lentils are tender. CCP: Internal temperature must reach 135°F (57°C) for 15 seconds.
7. Transfer soup to serving pans. CP: Hold for hot service at 135°F (57°C) or higher.

Time

55 min.

Recipe Notes

1. One Size 3 ladle may be used for each portion.
2. In Step 4, Le Gout's Low Sodium Vegetable Base was used. Refer to manufacturer's instructions for reconstitution rates.
3. * Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.
4. Original recipe number: P-300-00

Nutrition Facts

| | |
|---------------|--------|
| Calories | 109 |
| Carbohydrates | 19 g |
| Sugars* | 4 g |
| Protein | 6 g |
| Fat | 2 g |
| Saturated Fat | 0.2 g |
| Cholesterol | 0 mg |
| Sodium | 224 mg |
| Calcium | 57 mg |
| Fiber | 3.8 g |