



Lentil Soup

Fall Winter **Spring** Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving	
Calories	98 kcal
Protein	6.80 g
Carbohydrate	15.90 g
Total Fat	1.59 g
Saturated Fat	0.17 g
Cholesterol	2.42 mg
Vitamin A	2470.18 IU
Vitamin C	10.25 mg
Iron	2.23 mg
Calcium	35.52 mg
Sodium	482.64 mg
Dietary Fiber	4.47 g

EQUIVALENTS: 1 cup provides ½ cup beans/legumes or 2 oz equiv meat/meat alternate (but not both).

Recipe HACCP Process: #2 Same Day Service

“Informing students as to what they are eating and allowing them to really taste the product makes them feel part of the recipe development, and they stand a better chance of taking and eating it for lunch.”

— KAREN RUSSO

Lentil Soup • 50 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Vegetable oil		2 Tblsp	<p>1 Heat oil in a large stockpot over medium heat. Add onions and garlic. Cook, stirring often, until soft, about 6 minutes. Stir in broth, crushed tomatoes, lentils and tomato paste. Add chili powder, cumin, thyme and paprika; stir to combine. Bring to a boil, reduce heat to low, cover and simmer for 30 minutes.</p>	
Diced onions (¼-inch pieces)		2 quarts		
Finely chopped garlic		¼ cup		
Low-sodium vegetable or chicken broth		2 gal		
Crushed tomatoes, canned	6 lb 6 oz	1 #10 can		
Dried brown lentils	3 lb 8 oz			
Tomato paste		1 12-oz can		
Chili powder		5 Tblsp		
Ground cumin		3 Tblsp		
Thyme		2 Tblsp chopped fresh or 2 tsp dried leaves		
Paprika		2 Tblsp		
Diced peeled carrots (¼-inch pieces)		1 quart	<p>2 Mix in carrots and celery. Cook until the lentils and vegetables are tender, about 20 minutes. Stir in salt.</p>	
Diced celery (¼-inch pieces)		1 quart		
Kosher salt		2 Tblsp		

