





4.47 g

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		

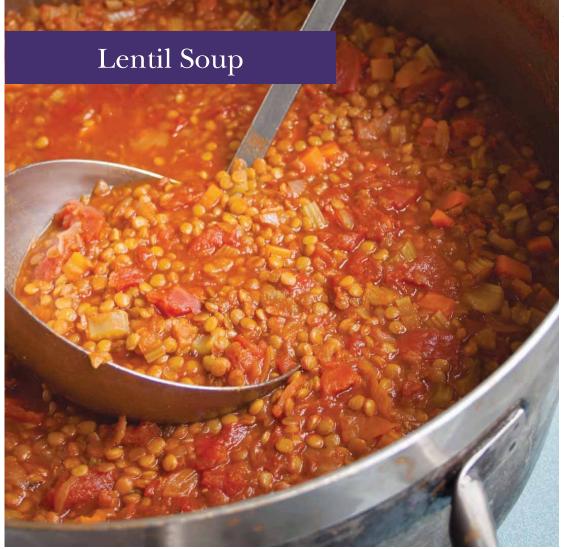
EQUIVALENTS: 1 cup provides ½ cup beans/legumes or 2 oz equiv meat/ meat alternate (but not both).

Dietary Fiber

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	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.		
Diced onions (1/4-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	2 Mix in carrots and celery. Cook until the lentils and vegetables are tender, about 20 minutes. Stir in salt.		
Diced celery (¼-inch pieces)		1 quart			
Kosher salt		2 Tblsp			