

Lentil Loaf

FareStart (for Taste Washington Day 2013)

Recipe Category: Main Dish (Meat Alternate, Grain)

Ingredients	50 Servings		100 Servings		25 Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Lentils, green, dry		6¼ cups		12½ cups		3¼ cups	<ol style="list-style-type: none"> Bring water to a boil. Add lentils and simmer 25 – 30 minutes, until lentils are soft and water is evaporated. Drain any excess water and partially mash lentils. Scrape into mixing bowl and allow to cool slightly. While cooking lentils: Preheat oven to 350°F and sauté the onion in the oil in a pan over medium heat. Cook for 5 minutes or until the onion is translucent. Stir into the bowl of lentils the onion and oats until well mixed. Add tomato sauce, garlic, basil, parsley, and salt. Mix well. Spoon into loaf pan that has been generously sprayed with non-stick spray. Smooth the top with the back of a spoon. Top with BBQ sauce. Bake at 350°F for 30 – 45 minutes until the top of the loaf is dry, firm, and golden brown. Let cool in the pan for about 10 minutes. Run a sharp knife around the edges of pan then turn out onto a serving platter. <p>CCP: Hold for hot service at 135° F or higher.</p>
Water		12½ cups		25 cups		6¼ cups	
Instant Oats		6¼ cup		12½ cups		¾ cups	
Onion, yellow, fresh, medium		6¼ ea		12½ ea		¾ ea	
Olive Oil		2 Tbsp ½ tsp		4 Tbsp ½ tsp		1 Tbsp	
Tomato Sauce		6¼ cup		12½ cup		¾ cup	
Garlic Powder		2 Tbsp ¼ tsp		4 Tbsp ½ tsp		1 Tbsp	
Basil, dried		2 Tbsp ¼ tsp		4 Tbsp ½ tsp		1 Tbsp	
Parsley, dried		2 Tbsp ¼ tsp		4 Tbsp ½ tsp		1 Tbsp	
Salt		1 Tbsp		2 Tbsp ¼ tsp		1½ tsp	
BBQ Sauce (generic)		1½ cup		¾ cups		¾ cup	

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 slice (6 – 8 oz)		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
1½	½		

Nutrient Analysis		
Calories: 159	Saturated Fat: .24 gram	Sodium: 248.16 mg