



Curried Lentils



No. Q-300-00
Yield 100 Portions
Each Portion
 ¾ Cup (6-1/3 oz)
Pan Size and Number

Steam-Jacketed Kettle, 12 x 20 x 4-Inch Steam Table Pan (3)

Temp
 Temp 350°F (177°C)

Time 1 hr.

Vegetables

Go for Green® Color and Sodium Codes

Green(Eat Often) Moderate Sodium

Nutrition Facts

Calories 218

Carbohydrates 31 g

Sugars* 4 g

Protein 10 g

Fat 7 g

Saturated Fat 0.6 g

Cholesterol 0 mg

Sodium 372 mg

Calcium 42 mg

Fiber 6.4 g

Ingredients

Ingredient	Measure	Weight	Approx. Issue
LENTILS, BROWN, DRY	4 qt + 3 cup	8 lb 9 oz	
GARLIC, FRESH, PEELED, MINCED	1-½ cup	8.40 oz	10 lb 2 oz

CURRY POWDER	1-¼ cup	4.45 oz
TUMERIC, GROUND	1/3 cup	1.75 oz
CINNAMON, GROUND	2-½ tsp	0.2 oz
SALT	¼ cup + 1 tsp	3 oz
OIL, CANOLA	2-¾ cup	1 lb 4 oz
ONION, FRESH, YELLOW, DICED ½-INCH	4 qt + 2 cup	5 lb 10 oz 6 lb 4 oz
PEPPER, FRESH, RED, DICED ½-INCH	4 qt + 3 cup	6 lb 5 oz 7 lb 11 oz
CARROTS, FRESH, PEELED, DICED ½-INCH	2 qt + 2 cup	3 lb 6 oz 4 lb 4 oz
WATER, BOILING	1 gal + 3-½ qt	15 lb
SQUASH, FRESH, ZUCCHINI, DICED ½-INCH	5 qt	5 lb 7oz 5 lb 11 oz
PEPPERS, JALAPENO, CANNED, DRAINED, SEEDED, MINCED	½ cup	2-½ 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 the lentils well and drain.
- 3 Sweat garlic, curry powder, turmeric, cinnamon, salt and lentils in oil in a steam-jacketed kettle or stockpot for 7 minutes; stir occasionally. Add onions, red bell pepper and carrots; cook for an additional 3 minutes; stirring occasionally.
- 4 Transfer 8 lb 10 oz (1 gal + 7-1/3 cups) vegetable-lentil mixture into (12 x 20 x 2-1/2-inch) steam table pan.
- 5 Pour 5 lb (2-1/2 qt) boiling water over vegetable-lentil mixture into steam table pan. Add 1 lb 13 oz (about 1-1/2 qt) zucchini and about 7/8 oz (2 tbsp + 2 tsp) jalapenos.
- 6 Cover pan tightly with foil, bake covered at 350°F (177°C) on high fan, closed vent for 1 hour. CCP: Internal temperature must reach 135°F (57°C) or higher for 15 seconds.
- 7 Fluff lentils lightly with fork before serving; cover. CP: Hold for hot service at 135°F (57°C).

Recipe Notes

1. Two No. 10 scoops may be used for each portion.
2. Step 3, 4-1/4 oz (3/4 cup) granulated garlic, per 100 portions, may be substituted for the fresh, minced garlic.
3. *Sugars represents the total grams of sugar in the recipe,

naturally occurring and added sugar together.