

## Curried Lentils

Q-300-00

Vegetables

**Color Code:** Green

**Sodium:** Moderate

**Yield:** 100 Portions

**Each Portion:**  $\frac{3}{4}$  cup (6- $\frac{1}{3}$  oz)

**Pan Size and Number:** Steam-Jacketed Kettle, 12 x 20 x 4-Inch Steam Table Pan (3)

**Temperature:** 350°F (177°C)

**Time:** 1 hr.

## INGREDIENTS

Item	Measure	Weight	Approx issue
LENTILS, BROWN, DRY	4 qt + 3 cup	8 lb 9 oz	
GARLIC, FRESH, PEELED, MINCED	1- $\frac{1}{2}$ cup	8.40 oz	10 lb 2 oz
CURRY POWDER	1- $\frac{1}{4}$ cup	4.45 oz	
TUMERIC, GROUND	$\frac{1}{3}$ cup	1.75 oz	
CINNAMON, GROUND	2- $\frac{1}{2}$ tsp	0.2 oz	
SALT	$\frac{1}{4}$ cup + 1 tsp	3 oz	
OIL, CANOLA	2- $\frac{3}{4}$ cup	1 lb 4 oz	
ONION, FRESH, YELLOW, DICED $\frac{1}{2}$ -INCH	4 qt + 2 cup	5 lb 10 oz	6 lb 4 oz
PEPPER, FRESH, RED, DICED $\frac{1}{2}$ -INCH	4 qt + 3 cup	6 lb 5 oz	7 lb 11 oz
CARROTS, FRESH, PEELED, DICED $\frac{1}{2}$ -INCH	2 qt + 2 cup	3 lb 6 oz	4 lb 4 oz
WATER, BOILING	1 gal + 3- $\frac{1}{2}$ qt	15 lb	
SQUASH, FRESH, ZUCCHINI, DICED $\frac{1}{2}$ -INCH	5 qt	5 lb 7oz	5 lb 11 oz
PEPPERS, JALAPENO, CANNED, DRAINED, SEEDED, MINCED	$\frac{1}{2}$ cup	2- $\frac{1}{2}$ 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- $\frac{1}{3}$  cups) vegetable-lentil mixture into (12 x 20 x 2- $\frac{1}{2}$ -inch) steam table pan.
5. Pour 5 lb (2- $\frac{1}{2}$  qt) boiling water over vegetable-lentil mixture into steam table pan. Add 1 lb 13 oz (about 1- $\frac{1}{2}$  qt) zucchini and about  $\frac{7}{8}$  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

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1. Two No. 10 scoops may be used for each portion.
2. Step 3, 4- $\frac{1}{4}$  oz ( $\frac{3}{4}$  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.

## NUTRITION FACTS

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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

