

Barbecue Lentils

Q-335-01
Vegetables

Color Code: Green
Sodium: High

Yield: 100 Portions

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

Temperature: 350°F
(177°C)

Time: 30 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
WATER	3- $\frac{1}{2}$ gal	29 lb 3 oz	
LENTILS, GREEN	1 gal + 1- $\frac{3}{4}$ qt	9 lb 5 oz	
WATER	4 gal + 2 cup	34 lb 7 oz	
BASE, VEGETABLE, LOW SODIUM	1 cup	10- $\frac{1}{4}$ oz	
BAY LEAVES	12 each		
OIL, CANOLA	1 cup	7- $\frac{1}{2}$ oz	
CARROT	3 qt	3 lb 9 oz	4 lb 4 oz
ONION, YELLOW	3 qt	3 lb 8 oz	4 lb
GARLIC, PREMINCED IN WATER	1- $\frac{1}{2}$ cup	9 oz	

SALT	2 tbsp	1-¼ oz
PAPRIKA, GROUND	2 tbsp	0.45 oz
PEPPER, BLACK, GROUND	1 tbsp	0.22 oz
BARBECUE SAUCE, RTU	1 gal + 1 cup	11 lb 3 oz

DIRECTIONS

1. Prepare all fruits and vegetables in accordance with guideline card A-G-31. Dice carrots and onions to a ½-inch dice.
2. Preheat tilt skillet to 350°F (177°C).
3. In a large container, add first measure of water and lentils. Soak lentils for 1 hour. Drain lentils and discard water.
4. Combine second measure of warm water and vegetable base; whisk until fully incorporated.
5. In a large stockpot or steam-jacketed kettle, add reconstituted vegetable broth, lentils, and bay leaves. Bring to a boil. Reduce to a simmer and cook uncovered for 15 minutes or until lentils are tender. Drain and CP: hold hot at 135°F (57°C) for use in Step 7.
6. Heat oil in preheated tilt skillet. Add carrots, onion, garlic, salt, paprika, and pepper. Sauté vegetables for 5 to 8 minutes or until carrots are tender.
7. Add cooked lentils and barbecue sauce to vegetables in tilt skillet. Toss and cook until barbecue sauce is heated through, about 3 to 5 minutes. CCP: Internal temperature must reach 135°F (57°C). Remove from heat and serve immediately or CP: hold hot at 135°F (57°C).

RECIPE NOTES

1. This recipe was developed on a tilt skillet with a 30-gallon capacity, with dimensions measuring 2 ft. 4 in. x 2 ft. 2 in. If using other sizes of equipment, cook times and batch sizes may vary.
2. Minor's low sodium concentrated vegetable base paste was used in the development of this recipe to make vegetable broth. If using a different brand, refer to manufacturer's instructions for reconstitution rates.

3. This recipe was developed using Sweet Baby Ray's barbecue sauce. Using a different brand may result in different flavor profiles as well as different nutritional profile.
4. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories	279
Carbohydrates	52 g
Sugars*	19 g
Protein	12 g
Fat	3 g
Saturated Fat	0.3 g
Sodium	750 mg
Calcium	49 mg
Fiber	5.3 g



Combat Capabilities Development Command-
Soldier Center // U17-238