

## Red Lentil Daal (25 portions)

T-319-00  
Meatless Entree

Color Code: Green  
Sodium: Moderate

Yield: 25 Portions

Each Portion: 1 cup daal (8- $\frac{2}{3}$  oz) +  $\frac{3}{4}$  cup rice (5- $\frac{1}{4}$  oz)

Time: 65 - 83 min.

## INGREDIENTS

### Red Lentil Daal:

Item	Measure	Weight	Approx issue
OIL, CANOLA	$\frac{2}{3}$ cup	5 oz	
ONION, YELLOW	1- $\frac{1}{4}$ qt	1 lb 6 oz	1 lb 9 oz
SALT	1 tbsp + 2 tsp	1 oz	
PEPPER, BLACK, GROUND	2- $\frac{1}{4}$ tsp	0.16 oz	
GARLIC, PREMINCED IN WATER	1 cup	6 oz	
CUMIN, GROUND	3 tbsp	0.60 oz	
TURMERIC, GROUND	2 tbsp	0.49 oz	
GINGER, GROUND	2 tbsp	0.42 oz	
PAPRIKA, SMOKED	1 tbsp	0.22 oz	

CARDAMOM, GROUND	1 tbsp	0.18 oz	
CORIANDER, GROUND	1 tbsp	0.18 oz	
PEPPER, RED, CRUSHED FLAKES	1-¼ tsp	0.09 oz	
WATER	1 gal	8 lb 6 oz	
BASE, VEGETABLE, LOW SODIUM	¼ cup + ½ tsp	2-⅔ oz	
TOMATOES, CANNED, CRUSHED	3-¼ cup	1 lb 12 oz	1 (28 oz) Can
MILK, COCONUT, CANNED	1-½ cup	13-½ oz	1 (13.5 oz) Can
LENTILS, RED, DRY	1 qt + 3-½ cup	2 lb 10 oz	
JUICE, LEMON, BOTTLED	⅓ cup	2-⅞ oz	
CILANTRO	¼ cup	0.22 oz	0.30 oz

### Brown Rice (Conventional, SJK):

Item	Measure	Weight	Approx issue
RICE, BROWN, LONG GRAIN	1 qt + 2-½ cup	2 lb 8 oz	
WATER	3-¾ qt	7 lb 13 oz	
SALT	2-¼ tsp	0.48 oz	
OIL, CANOLA	2-¼ tsp	0.35 oz	

## DIRECTIONS

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1. Prepare all fruits and vegetables in accordance with guideline card A-G-31. Cut onion to a ¼-inch dice; roughly chop cilantro.
2. **Red Lentil Daal:** In a stock pot or steam jacketed kettle, heat first measure of oil over medium heat.
3. Add onions and first measures of salt and pepper; cook for 8 to 10 minutes, stirring occasionally, or until translucent and slightly browned.
4. Add garlic, cumin, turmeric, ginger, paprika, cardamom, coriander, and red

pepper flakes; cook for 2 to 3 minutes or until spices are fragrant.

5. Combine first measure of warm water and vegetable base; whisk until fully incorporated. Add reconstituted vegetable broth, crushed tomatoes, and coconut milk to stock pot and bring to a boil.
6. Add lentils and reduce to simmer. Simmer 20 to 30 minutes, stirring occasionally, until sauce has thickened and lentils are tender. CCP: Internal temperature must reach 135°F (57°C).
7. Remove from heat and add lemon juice; stir to combine. CP: Hold for hot service at 135°F (57°C).
8. **Brown Rice (Conventional, SJK):** Combine brown rice and second measures of water, salt, and oil in a stock pot or steam-jacketed kettle; bring to a boil, stirring occasionally.
9. Reduce heat; simmer covered for 35 to 40 minutes until rice is tender and most of the water is absorbed. CCP: Internal temperature must reach 145°F (63°C) or higher for 15 seconds.
10. Fluff rice lightly with fork before serving. CP: Hold for hot service at 135°F (57°C).
11. To serve, portion 1 cup lentil daal over  $\frac{3}{4}$  cup brown rice. Garnish with  $\frac{1}{2}$  tsp chopped cilantro.

## RECIPE NOTES

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1. In Step 4, if smoked paprika is not available, replace with equal amount of paprika.
2. In Step 5, if listed can size of crushed tomatoes is not available, use  $\frac{1}{4}$  No. 10 Can.
3. In Step 5, if listed can size of coconut milk is not available, use  $\frac{1}{8}$  No. 10 Can.
4. Minor's low sodium concentrated vegetable base 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.
5. If substituting granulated garlic for minced garlic use half the volume (in other words for every teaspoon of fresh mince garlic, use  $\frac{1}{2}$  teaspoon of granulated garlic).
6. Serving suggestion: serve with basmati or brown rice, naan bread, plain yogurt, or as a side dish for Indian entrees.

7. \*Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

## NUTRITION FACTS

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Calories	485
Carbohydrates	81 g
Sugars*	3 g
Protein	18 g
Fat	12 g
Saturated Fat	3.1 g
Sodium	820 mg
Calcium	78 mg
Fiber	6.8 g



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