

West African Peanut Lentil Stew

T-321-00
Meatless Entree

Color Code: Green
Sodium: High

Yield: 25 Portions

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

Pan Size and Number: 18 x 26-Inch Sheet Pans (2)

Temperature: 350°F
(177°C)

Time: 74 - 91 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
WATER	3- $\frac{3}{4}$ qt	7 lb 13 oz	
RICE, BROWN, PARBOILED	1- $\frac{1}{2}$ qt + $\frac{1}{2}$ cup	2 lb 12 oz	
SALT	2- $\frac{1}{4}$ tsp	0.48 oz	
OIL, CANOLA	2- $\frac{1}{4}$ tsp	0.35 oz	
WATER	1 qt + $\frac{1}{2}$ cup	2 lb 6 oz	
BASE, VEGETABLE, LOW SODIUM	1 tbsp	0.64 oz	
OIL, CANOLA	$\frac{1}{2}$ cup	3- $\frac{3}{4}$ oz	
ONION, YELLOW	1 qt	1 lb 3 oz	1 lb 5 oz

GARLIC, PREMIGNED IN WATER	¾ cup	4-½ oz	¼- 2 lb jar
POTATO, SWEET	1-½ cup	7-¼ oz	9 oz
JALAPENO, CANNED, SLICED	½ cup + 1 tbsp	3-¾ oz	
GINGER, GROUND	¼ cup + 2 tsp	0.98 oz	
CUMIN, GROUND	3 tbsp + 1 tsp	0.66 oz	
SALT	1 tbsp	0.63 oz	
PEPPER, BLACK, GROUND	1 tsp	0.07 oz	
JUICE, TOMATO	2-¼ qt	4 lb 12 oz	
CHICKPEAS, CANNED	1-½ qt	2 lb 3 oz	½- No. 10 Can
LENTILS, RED	1 qt + ½ cup	1 lb 9 oz	
TOMATOES, DICED, CANNED	3 cup	1 lb 9 oz	¼- No. 10 Can
SQUASH, ZUCCHINI	2 cup	9-⅞ oz	10-⅓ oz
SUGAR, GRANULATED	1 tbsp	0.43 oz	
WATER	1 qt + ½ cup	2 lb 6 oz	
BASE, VEGETABLE, LOW SODIUM	1 tbsp	0.64 oz	
PEANUT BUTTER, CREAMY	1-¼ cup	11 oz	
CILANTRO	1 cup	0.87 oz	1 oz

DIRECTIONS

1. Prepare all fruits and vegetables in accordance with guideline card A-G-31. Dice onion and zucchini to ½-inch. Peel and dice potato to ½ -inch. Rough chop cilantro.
2. Drain preminced garlic. Drain and rough chop jalapenos. Drain and rinse

chickpeas.

3. In a large stockpot, combine first measure of water, rice and first measures of salt and oil. Bring to a boil, reduce heat and simmer covered for 25 to 30 minutes until the rice is tender is the water is absorbed. CP: Hold hot at 135°F (57°C).
4. In a large stockpot, heat second measure of oil. Add onion and garlic, cook for 3 to 5 minutes.
5. Add potato, jalapeno, ginger, cumin, second measure of salt and pepper. Cook for 1 minute.
6. Add tomato juice, chickpeas, lentils, tomatoes, zucchini and sugar. Combine second measure of water and vegetable base whisk until fully incorporated; add vegetable broth. Stir well, scraping the bottom of the pot to incorporate all the spices. Bring to a boil, reduce to a simmer and cook uncovered for 45 to 55 minutes or until potatoes are tender, stirring every few minutes to prevent sticking.
7. Mix in peanut butter and cilantro. CCP: Internal temperature must reach 135°F (57°C). Remove from heat and CP: hold hot at 135°F (57°C).
8. To serve, place $\frac{3}{4}$ cup brown rice on plate and top with 1 cup lentil stew.

RECIPE NOTES

1. 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.
2. If substituting granulated garlic for minced garlic, use half the volume. In other words, for every teaspoon of fresh minced garlic, use $\frac{1}{2}$ teaspoon of granulated garlic.
3. This recipe contains the following allergens based on the specific ingredients AFRS used in development of the recipe: List any that apply: Peanuts. As ingredients vary from brand to brand, check all ingredient labels for different or additional allergens that may be present in the products. AFRS cannot be held responsible for the accuracy of allergen labeling in dining facilities due to variability of ingredients from one brand of product to another.
4. *Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories	497
Carbohydrates	77 g
Sugars*	8 g
Protein	18 g
Fat	14 g
Saturated Fat	2.1 g
Sodium	987 mg
Calcium	83 mg
Fiber	8.9 g



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