

# Lentil Soup

Recipe Component: Meat Alternate

Recipe Category: Soup

Recipe #New School Cuisine, modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		2 Tbsp			<ol style="list-style-type: none"> <li>1. Heat oil in a large stockpot over medium heat. Add onions and garlic. Cook, stirring often, until soft, about 6 minutes.</li> <li>2. Stir in broth, crushed tomatoes, lentils and tomato paste. Add chili powder, cumin, thyme, and paprika; stir to combine.</li> <li>3. Bring to a boil, reduce heat to low, cover and simmer for 30 minutes.</li> <li>4. Mix in carrots and celery. Cook until the lentils and vegetables are tender, about 30 minutes. Stir in vinegar and salt. Simmer 5 minutes.</li> <li>5. CCP: Hold for hot service at 135 °F or higher.</li> </ol>
Diced onion (1/4 inch pieces)		2 quarts			
Finely chopped garlic (adjust if needed)		¼ cup			
Low-sodium vegetable or chicken broth		2 gal			
Low sodium crushed tomatoes, canned	6 lb. 6 oz.	1 #10 can			
Dried brown lentils	3 lb 8 oz.				
Tomato paste	12 oz				
Chili powder		5 Tbsp			
Ground cumin		3 Tbsp			
Thyme, chopped fresh OR Thyme, dried leaves		2 Tbsp OR 2 tsp			
Paprika		2 Tbsp			
Diced peeled carrots (¼-inch pieces)		1 quart			
Diced celery (¼-inch pieces)		1 quart			
Cider vinegar		2 Tbsp			
Salt (omit if no added salt tomato sauce/paste are not available)		1 Tbsp			



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## Notes:

Nutrient Information calculated using Food Processor

**Serving:** 1 cup provides or 2 oz equiv meat/meat alternate or ½ cup beans/legumes (but not both).

1-2 years: ½ cup

3-5 years: ¾ cup

6-18 years: 1 cup

## Nutrients Per Serving (1 cup)

<b>Calories</b>	179.2 kcal	<b>Saturated Fat</b>	0.21 g	<b>Iron</b>	3.86 mg
<b>Protein</b>	9.28 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	64.11 mg
<b>Carbohydrate</b>	32.72 g	<b>Vitamin A</b>	104.54 IU	<b>Sodium</b>	375.93 mg
<b>Total Fat</b>	1.68 g	<b>Vitamin C</b>	9.13 mg	<b>Dietary Fiber</b>	6.65 g (2016 = 6.01 g )