

Lentil Soup

Meat Alternate-Vegetable

Soups

H-07

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Dry lentils	11 oz	1 ½ cups	1 lb 6 oz	3 cups	1. Rinse lentils and sort out any unwanted materials. Drain well. 2. In a heavy pot, combine lentils, stock, and tomato paste. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, until lentils are just tender, about 12 minutes.
Beef stock, non-MSG		3 qt		1 gal 2 qt	
Canned tomato paste	10 oz	1 cup 1 Tbsp (¾ 12 oz can plus 1 Tbsp)	1 lb 4 oz	2 cups 2 Tbsp (1 ⅔ 12 oz cans)	3. Add potatoes, onions, celery, carrots, parsley, granulated garlic, bay leaves, and cumin. Simmer, uncovered, about 50 minutes. CCP: Heat to 165° F or higher.
*Fresh potatoes, peeled, ¼" cubes	3 oz	½ cup	6 oz	1 cup	
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	4. Remove bay leaves. CCP: Hold at 140° F or warmer. Portion with 4 oz ladle (½ cup).
*Fresh celery, ¼" diced	4 oz	1 cup	8 oz	2 cups	
*Fresh carrots, ½" chopped	4 oz	1 cup	8 oz	2 cups	
Dried parsley		1 Tbsp		2 Tbsp	
Granulated garlic		1 tsp		2 tsp	
Dried bay leaf		1 each		2 each	
Ground cumin		⅓ tsp		¼ tsp	

Lentil Soup

Meat Alternate-Vegetable

Soups

H-07

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Potatoes	4 oz	8 oz
Mature onions	3 oz	6 oz
Celery	5 oz	10 oz
Carrots	5 oz	10 oz

SERVING:	YIELD:	VOLUME:
½ cup (4 oz ladle) provides ⅓ cup of lentils or the equivalent of ½ oz cooked lean meat and ¼ cup of vegetable.	25 Servings: 6 lb 8 oz 50 Servings: 13 lb Tested 2004	25 Servings: 3 quarts ½ cup 50 Servings: about 1 gallon 2 ¼ quarts

Nutrients Per Serving

Calories	71	Saturated Fat	0.16 g	Iron	1.75 mg
Protein	4.63 g	Cholesterol	1 mg	Calcium	19 mg
Carbohydrate	12.73 g	Vitamin A	1326 IU	Sodium	82 mg
Total Fat	0.55 g	Vitamin C	7.9 mg	Dietary Fiber	4.0 g