

# 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 for at least 15 seconds.
*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	
*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	

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\* 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:

½ cup (4 oz ladle) provides ⅓ cup of lentils or the equivalent of ½ oz cooked lean meat and ¼ cup of vegetable.

### YIELD:

**25 Servings:** 6 lb 8 oz  
**50 Servings:** 13 lb

### VOLUME:

**25 Servings:** 3 quarts ½ cup  
**50 Servings:** about 1 gallon 2 ¼ quarts

Tested 2004

## Nutrients Per Serving

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