

# Lentil Soup

Meal Components: Vegetable, Meat / Meat Alternate

Soups & Stews, H-07

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Dry lentils	11 oz	1 1/2 cups	1 lb 6 oz	3 cups	<ol style="list-style-type: none"> <li>1. Rinse lentils and sort out any unwanted materials. Drain well.</li> <li>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.</li> </ol>
Beef stock, non-MSG		3 qt		1 gal 2 qt	
Canned tomato paste	10 oz	1 cup 1 Tbsp (3/4 12 oz can plus 1 Tbsp)	1 lb 4 oz	2 cups 2 Tbsp (1 2/3 12 oz cans)	<ol style="list-style-type: none"> <li>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.</li> </ol>
*Fresh potatoes, peeled, 1/4" cubes	3 oz	1/2 cup	6 oz	1 cup	
*Fresh onions, chopped	2 1/2 oz	1/4 cup 3 Tbsp	5 oz	3/4 cup 2 Tbsp	
OR		OR	OR	OR	
Dehydrated onions		1/4 cup	1 oz	1/2 cup	

*Fresh carrots, 1/2" 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		1/8 tsp		1/4 tsp

4. Remove bay leaves. CCP: Hold at 140°F or warmer. Portion with 4 oz ladle (½ cup).

#### Notes

\* See Marketing Guide

Marketing Guide		
Food as Purchased for	25 Servings	25 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 ½ cup of lentils or the equivalent of ½ oz cooked lean meat and ¼ cup of vegetable.	<b>25 Servings:</b> 6 lb 8 oz  <b>50 Servings:</b> 13 lb	<b>25 Servings:</b> 3 quarts ½ cup  <b>50 Servings:</b> about 1 gallon 2 ¼ quarts

**Nutrients Per Serving**

Calories	71	Saturated Fat		Iron	2 mg
Protein	5 g	Cholesterol	1 mg	Calcium	19 mg
Carbohydrate	13 g	Vitamin A	1326 IU	Sodium	82 mg
Total Fat	1 g	Vitamin C	8 mg	Dietary Fiber	4 g