

Lentil Soup300

Number of Servings: 300 (431.61 g per serving)

Amount	Measure	Ingredient
5.00	Tbs	Salt, table, iodized
2 1/2	cup	Oil, olive, extra virgin
180.00	ea	Carrots, fresh, med
60.00	ea	Onion, fresh, med
1 1/4	cup	Spice, ginger, ground
9 1/2	Tbs	Spice, garlic, minced, dried
1 3/4	cup	Spice Blend, curry, pwd
8 1/4	tsp	Spice, pepper, black, ground
102.00	lb	Bouillon/Broth, beef, low sod, cnd
3 3/4	gal	Beans, lentils, mature, ckd
7 1/2	gal	Tomatoes, diced, w/juice, cnd, FS

Nutrients per serving

Nutrition Facts	
Serving Size (432g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 460mg	19%
Total Carbohydrate 34g	11%
Dietary Fiber 11g	44%
Sugars 9g	
Protein 15g	
Vitamin A 130%	Vitamin C 35%
Calcium 10%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Heat oil in large pan over medium heat. Add carrot and onion; cover and cook 3 minutes or until softened. Stir in ginger and garlic: cook 1 minute. Add curry, salt and pepper. Stir in low sodium broth and lentils and bring to a boil.

Reduce heat; simmer, covered, about 1 hour or until lentils are tender. Stir in tomatoes: cover and simmer 5 minutes.

Serve 1 cup/serving

1 c = 2 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.

Storing :

- Store refrigerated left overs at an internal temperature of 32 - 36 F.

Reheating :

- Reheat to an internal temperature of 165 F for 15 seconds.