

Lentil Soup #2 75

Number of Servings: 75 (337.52 g per serving)

Amount	Measure	Ingredient
7.00	Tbs	Oil, olive, extra virgin
9.00	cup	Onion, yellow, fresh, chpd
4 3/4	cup	Carrots, fresh, chpd
4 3/4	cup	Celery, fresh, diced
2.00	Tbs	Garlic, cloves, fresh
2.00	tsp	Herb, oregano, leaf, dried
2.00	Tbs	Herb, basil, leaf, dried
9 1/2	cup	Tomatoes, dices, unsalted, cnd
3 1/4	qt	Beans, lentils, mature, ckd
3 1/4	gal	Water, tap, municipal
13.00	Tbs	Seasoning, original
2.00	tsp	Spice, pepper, black, ground
2.00	Tbs	Salt, table, iodized
3 1/4	qt	Spinach, fresh, chpd
13.00	Tbs	Vinegar, cider

Nutrients per serving

Nutrition Facts	
Serving Size (338g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 24g	8%
Dietary Fiber 9g	36%
Sugars 4g	
Protein 9g	
Vitamin A 40%	• Vitamin C 10%
Calcium 4%	• Iron 20%
*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

Saute onion, celery, garlic and herbs in olive oil over low heat (can use canola oil). Add tomatoes, water, Mrs. Dash seasoning, salt and peper and bring to a boil. Add lentils and simmer about 30 minutes or until just tender. Add fresh or frozen spinach, bring to a boil for 5 minutes and add vinegar and serve.

1 serving = 1 cup or 8 oz

1 serving = 1 1/2 Carb Servings

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.

Notes

May use fresh diced tomatoes