

# Lentil Soup<sup>75</sup>

Number of Servings: 75 (431.57 g per serving)

Amount	Measure	Ingredient
3 3/4	tsp	Salt, table, iodized
9 1/2	Tbs	Oil, olive, extra virgin
45.00	ea	Carrots, fresh, med
15.00	ea	Onion, fresh, med
5.00	Tbs	Spice, ginger, ground
2 1/2	Tbs	Spice, garlic, minced, dried
7 1/2	Tbs	Spice Blend, curry, pwd
2.00	tsp	Spice, pepper, black, ground
25 1/2	lb	Bouillon/Broth, beef, low sod, cnd
3 3/4	qt	Beans, lentils, mature, ckd
7 1/2	qt	Tomatoes, diced, w/juice, cnd, FS

## Nutrients per serving

Nutrition Facts	
Serving Size (432g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 210</b>	<b>Calories from Fat 30</b>
% Daily Value*	
<b>Total Fat 3.5g</b>	<b>5%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 460mg</b>	<b>19%</b>
<b>Total Carbohydrate 34g</b>	<b>11%</b>
Dietary Fiber 11g	44%
Sugars 9g	
<b>Protein 15g</b>	
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.