

# Lentils of the Southwest

Meal Components: Meat Alternate-Legume Vegetable

Vegetables I-24r

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Lentils, brown or green, dry	1 lb 14 oz	1 qt ½ cup	3 lb 12 oz	2 qt 1 cup	1. Rinse lentils and sort out any unwanted materials. Drain well. 2. Combine lentils and water in a stock pot. Bring to a boil. Reduce heat and simmer, uncovered, until lentils are tender, about 30-40 minutes.
Water		2 qt ½ cup		1 gal 1 cup	
*Fresh onions, diced	8 oz	1 ¾ cups	1 lb	3 ½ cups	3. Sauté onions and garlic in oil for 5 minutes or until tender. Stir in cumin, red chili pepper, and chili powder. Cook for 2-3 minutes over low heat. 4. Combine onions and garlic with cooked lentils. Add water. For 50 servings, add 3 cups water. For 100 servings, add 1 qt 2 cups water.
Fresh garlic, minced		2 Tbsp		¼ cup	
Extra virgin olive oil		2 Tbsp		¼ cup	5. Stir in tomatoes and salt. Bring to a boil. Reduce heat and simmer uncovered for 20 minutes.  Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
Ground cumin		2 Tbsp 2 tsp		⅓ cup	
Ground red chili pepper		2 Tbsp		¼ cup	
Chili powder		1 Tbsp		2 Tbsp	
Canned low-sodium diced tomatoes OR *Fresh tomatoes, diced	1 lb 8 oz OR 1 lb 8 oz	3 cups (¼ No. 10 can) OR 3 cups	3 lb OR 3 lb	1 qt 2 cups (½ No. 10 can) OR 1 qt 2 cups	
Salt		1 Tbsp		2 Tbsp	
Fresh cilantro, finely chopped	2 oz	3 cups	4 oz	1 qt 2 cups	6. Stir in cilantro before serving. 7. Critical Control Point: Hold for hot service at 135 °F or higher. 8. Portion with 2 fl oz ladle (¼ cup).

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Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
<p>¼ cup (2 fl oz ladle) provides:</p> <p><b>Legume as meat alternate:</b> 1 oz equivalent meat alternate.</p> <p>OR</p> <p><b>Legume as vegetable:</b> ¼ cup legume vegetable.</p> <p><i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not both simultaneously.</i></p>	<p>50 Servings: about 9 lb</p> <p>100 Servings: about 17 lb</p>	<p>50 Servings: about 1 gallon 1 quart</p> <p>100 Servings: about 2 gallons 1 quart</p>

Marketing Guide		
Food as Purchased for	50 Servings	100 Servings
Dry lentils, brown or green	1 lb 14 oz	3 lb 12 oz
Mature onions	12 oz	1 lb 6 oz
Tomatoes	1 lb 12 oz	3 lb 8 oz

Nutrients Per Serving					
Calories	68.66	Saturated Fat	0.11 g	Iron	1.84 mg
Protein	4.56 g	Cholesterol	0 mg	Calcium	15.21 mg
Carbohydrate	10.96 g	Vitamin A	251.11 IU	Sodium	141.83 mg
Total Fat	0.92 g		(10.38 RAE)	Dietary Fiber	4.16 g
		Vitamin C	2.80 mg		