Lentils of the Southwest

Meal Components: Meat Alternate-Legume Vegetable **Vegetables I-24r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Lentils, brown or green, dry	15 oz	2 ¼ cups	1 lb 14 oz	1 qt ½ cup	1. Rinse lentils and sort out any unwanted materials. Drain well.
Water		1 qt ¼ cup		2 qt ½ cup	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.
*Fresh onions, diced	4 oz	¾ cup 2 Tbsp	8 oz	1 ¾ 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.
Fresh garlic, minced		1 Tbsp		2 Tbsp	4. Combine onions and garlic with cooked lentils. Add water. For 25 servings, add 1 ½ cups water. For 50 servings, add 3 cups water. 5. Stir in tomatoes and salt. Bring to a boil. Reduce heat and simmer uncovered for 20 minutes. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
Extra virgin olive oil		1 Tbsp		2 Tbsp	
Ground cumin		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ground red chili pepper		1 Tbsp		2 Tbsp	
Chili powder		1 ½ tsp		1 Tbsp	
Canned low-sodium diced tomatoes OR *Fresh tomatoes, diced	12 oz OR 12 oz	1 ½ cups (⅛ No. 10 can) OR 1 ½ cups	1 lb 8 oz OR 1 lb 8 oz	3 cups (¼ No. 10 can) OR 3 cups	
Salt		1 ½ tsp		1 Tbsp	
Fresh cilantro, finely chopped		1 ½ cups	2 oz	3 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
¼ cup (2 fl oz ladle) provides: **Legume as meat alternate:** 1 oz equivalent meat alternate. OR **Legume as vegetable:** ¼ cup legume vegetable. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not both simultaneously.*	25 Servings: about 4 lb 50 Servings: about 9 lb	25 Servings: about 2 quarts 50 Servings: about 1 gallon 1 quart

Marketing Guide		
Food as Purchased for	**25 servings**	**50 servings**
Dry lentils, brown or green	15 oz	1 lb 14 oz
Mature onions	6 oz	12 oz
Tomatoes	14 oz	1 lb 12 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 (10.38 RAE)	Sodium	141.83 mg
Total Fat	0.92 g	Vitamin C	2.80 mg	Dietary Fiber	4.16 g