

## Lentils of the Southwest

MEAT ALTERNATE, LEGUME VEGETABLE						SIDE DISHES
Ingredients	50 servings		100 servings		For ____ servings	Directions
	Weight	Measure	Weight	Measure		
Lentils, brown or green, dry	1 lb 14 oz	1 qt 1/2 cup	3 lb 12 oz	2 qt 1 cup		<ol style="list-style-type: none"> <li>1. Rinse lentils and sort out any unwanted materials. Drain well.</li> <li>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.</li> <li>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.</li> <li>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.</li> <li>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.</li> <li>6. Stir in cilantro before serving.</li> <li>7. Critical Control Point: Hold for hot service at 135 °F or higher.</li> <li>8. Portion with 2 fl oz ladle (1/4 cup).</li> </ol>
Water		2 qt 1/2 cup		1 gal 1 cup		
Fresh onions, diced	8 oz	1-3/4 cups	1 lb	3-1/2 cups		
Fresh garlic, minced		2 Tbsp		1/4 cup		
Extra virgin olive oil		2 Tbsp		1/4 cup		
Ground cumin		2 Tbsp 2 tsp		1/3 cup		
Ground red chili pepper		2 Tbsp		1/4 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 (1/4 No. 10 can) OR 3 cups	3 lb OR 3 lb	1 qt 2 cups (1/2 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		
Serving: 1/4 cup (2 fl oz ladle) provides: Legume as meat alternate: 1 oz equivalent meat alternate. OR Legume as vegetable: 1/4 cup legume vegetable. Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not both simultaneously.			Yield: 50 servings: about 9 lb 100 servings: about 17 lb		Volume: 50 servings: about 1 gal 1 qt 100 servings: about 2 gal 1 qt	

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

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