

Chunky Vegetable Stew

VEGETABLE						SIDE DISHES
Ingredients	50 servings		100 servings		For ____ servings	Directions
	Weight	Measure	Weight	Measure		
Vegetarian beans		2.5 qt. (2.6 kg)		1 2/3 cans (5.2 kg)		<p>1. Combine first 14 ingredients in a steam-jacketed kettle or stockpot. Bring to a boil; cover, reduce heat, and simmer 1 hour or until lentils are tender. CCP: Heat to 165 °F (74 °C) or higher for at least 15 seconds. CCP: Hold for hot service at 140 °F (60 °C) or higher.</p> <p>2. Ladle stew into individual bowls; sprinkle each serving with 1 tbsp. (15g) cheese.</p> <p>Serving ideas: Garnish with cilantro, if desired.</p>
Tomatoes, canned		2.5 qt. (2.6 kg)		1 2/3 cans (5.2 kg)		
Sweet potatoes, peeled and cubed	5 lb. (2.3 kg)		10 lb. (5 kg)			
Carrots, chopped	5 lb. (2.3 kg)		10 lb. (5 kg)			
Celery, chopped	5 lb. (2.3 kg)		10 lb. (5 kg)			
Lentils	2 lb., 1 oz. (0.9 kg)		4 1/8 lb. (2.1 kg)			
Onion, chopped	2 lb., 1 oz. (0.9 kg)		4 1/8 lb. (2.1 kg)			
Water		2.75 qt. (2.6 L)		1 3/8 gal. (5.5 L)		
Beef broth		1 qt., 1/4 cup (1 L)		2 1/8 qt. (2 L)		
Worcestershire sauce		2 1/2 tbsp.		1/3 cup		
Chili powder		1 2/3 tbsp.		3 1/3 tbsp.		
Cumin		2 1/2 tsp.		1 2/3 tbsp.		
Oregano		1 1/4 tsp.		2 1/2 tsp.		
Red pepper		5/8 tsp.		1 1/4 tsp.		
Low-fat cheddar cheese, shredded	1/3 lb. (150g)		2/3 lb. (300g)			
Serving: 1 cup provides 1 cup of vegetables			Yield: 50 servings: about 38 lb. (17 kg) 100 servings: about 77 lb. (35 kg)			

NUTRIENTS PER SERVING					
Calories	204	Saturated fat	0g	Iron	3 mg
Protein	11g	Cholesterol	0 mg	Calcium	93 mg
Carbohydrate	39g	Vitamin A	12,520 IU	Sodium	516 mg
Total fat	1g	Vitamin C	13 mg	Dietary fiber	12g

Notes: #10 can = 12 cups