

000540 - Lentils of the Southwest : Recipe Challeng	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process Number of Portions: 50 Size of Portion: 1/2 cup				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
016069 LENTILS,RAW.....	1 qt + 1/8 cup	Combine the lentils and water in a saucepan. Bring to boil over high heat. Reduce the heat to medium and cook the lentils until tender, about an hour. If needed, add more water. Saute the onion and minced garlic in the oil for 2 to 3 minutes, until softened. Stir in the ground cumin, and chili powder. Add this mixture to the cooked lentils. Stir in the tomatoes and salt. Bring to a boil, reduce the heat to low and simmer, uncovered for 10 minutes. Just before serving, stir in teh chopped cilantro or use it as a garnish for the lentils. For 50 servings... Saute the onions for 3 to 5 minutes. Simmer the soup for 20 minutes.
014429 WATER,MUNICIPAL.....	1 gal + 3/4 cup	
902324 OIL,VEG,TYPE A-COMMOD.....	2 Tbsp + 1/4 tsp	
011282 ONIONS,RAW.....	1 cup + 1/2 TBSP (chopped)	
011215 GARLIC,RAW.....	2 Tbsp + 1/4 tsp	
799902 CUMIN,GROUND.....	1 Tbsp + 1 1/8 tsp	
002009 CHILI POWDER.....	1 Tbsp + 1 1/8 tsp	
050498 TOMATOES, CANNED, DICED....	2 3/4 cups + 1 tsp	
002047 SALT,TABLE.....	1 Tbsp + 1 1/8 tsp	
114811 CILANTRO.....	1 cup + 1/2 Tbsp	

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	67 kcal	Cholesterol	0 mg	Protein	4.36 g	Calcium	29.61 mg	10.83%	Calories from Total Fat
Total Fat	0.81 g	Sodium	228 mg	Vitamin A	24.8 RE	Iron	1.45 mg	1.46%	Calories from Saturated Fat
Saturated Fat	0.11 g	Carbohydrates	10.78 g	Vitamin A	153.6 IU	Water ¹	*83.66* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	5.15 g	Vitamin C	2.4 mg	Ash ¹	*1.07* g	63.98%	Calories from Carbohydrates
								25.87%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values