

**LENTIL VEGETABLE SOUP**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
113 cal	22 g	7 g	0 g	0 mg	432 mg	54 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEANS,LENTIL	4-3/4 lbs	2 qts 3-3/8 cup	
WATER	33-1/2 lbs	4 gal	
TOMATOES,CANNED,DICED,INCL LIQUIDS	13-1/2 lbs	1 gal 1-7/8 qts	
ONIONS,FRESH,CHOPPED	7 lbs	1 gal 1 qts	7-3/4 lbs
CARROTS,FRESH,SLICED	4 lbs	3 qts 2-1/8 cup	4-7/8 lbs
CELERY,FRESH,SLICED	1-1/4 lbs	1 qts 3/4 cup	1-3/4 lbs
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	
GARLIC POWDER	1-1/4 oz	1/4 cup 1/3 tbsp	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
BASIL,DRIED,CRUSHED	5/8 oz	1/4 cup 1/3 tbsp	
OREGANO,CRUSHED	5/8 oz	1/4 cup 1/3 tbsp	
BAY LEAF,WHOLE,DRIED	1/4 oz	8 each	
PARSLEY,FRESH,BUNCH,CHOPPED	4-1/4 oz	2 cup	4-1/2 oz

**Method**

- 1 Pick over lentils, removing shriveled lentils and foreign matter. Wash thoroughly in cold water.
- 2 Place lentils, water, tomatoes, onions, carrots, celery, salt, garlic powder, pepper, basil, oregano, and bay leaves in steam-jacketed kettle or stock pot. Bring to a boil; reduce heat; simmer 2 to 2-1/4 hours stirring occasionally or until lentils are tender. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.
- 3 Add parsley just before serving.