

Curried Lentil Stew

Ingredients	12 Servings		72 Servings		Directions
	Weight	Measure	Weight	Measure	
Oil, olive or canola	1 oz	2 tbsp	6 oz	3/4 cup	1. Heat the oil in a soup pot over medium heat. Add the onions, carrots, celery, and garlic. Cook, stirring as necessary, until the onions are tender and translucent, about 8 minutes.
Onions, yellow, chopped	5 1/4 oz	1 cup	2 lb	1 qt 2 1/4 cups	
Carrots, peeled, sliced	2 1/2 oz	1/2 cup	1 lb	3 1/2 cups	
Celery, chopped	2 oz	1/2 cup	12 oz	3 cups	
Garlic, minced		2 tbsp	3 oz	3/4 cup	
Curry powder		2 tsp	3/4 oz	3 tbsp	2. Add the curry powder, cinnamon, cumin, salt, pepper, and the tomato paste and stir to blend with the vegetables. Cook until the tomato has a sweet aroma and turns a deep red, about 2 minutes.
Cinnamon, ground		1/2 tsp		1 tbsp	
Cumin, ground		1/2 tsp		1 tbsp	
Table salt		1/2 tsp		1 tbsp	
Black pepper, ground		1/4 tsp		1 1/4 tsp	
Tomato paste	1 1/2 oz	2 tbsp	9 oz	3/4 cup	3. Add the water and applesauce and bring to a simmer.
Water	1 lb 8 oz	3 cups	9 lb 6 oz	1 gal 2 3/4 cups	
Applesauce, unsweetened	8 oz	1 cup	3 lb 2 oz	1 qt 2 1/4 cups	
Butternut squash, cubed, thawed if frozen (See Recipe Notes)	9 3/4 oz	2 cups	6 lb 8 oz	3 qt 1 cup	
Lentils, dried, sorted and rinsed	3 1/3 oz	1/2 cup	1 lb 4 oz	3 cups	
Apple cider vinegar	1/2 oz	1 tbsp	3 1/2 oz	1/3 cup	5. Taste the soup and add cider vinegar to taste. Hold the soup hot for service (or cool safely before storing) or reheat in batches for service. Serve using a 6-oz ladle. (See Recipe Notes for garnish and presentation suggestions.)



Curried Lentil Stew

Recipe Notes:

Butternut Squash

If you have access to fresh butternut squash, prepare it for this dish as follows:

Cut the squash in half lengthwise. Scoop out the seeds. (The seeds can be toasted to use as a garnish if you wish.) Place the halved squash cut-side facing down on baking sheets. Add enough water to barely coat the pan. Cover the squash with foil and bake at 350° F until tender enough to pierce with the tip of a paring knife. Let the squash cool, scoop the flesh away from the skin, and cut into small cubes. The squash can be prepared in advance and then refrigerated for frozen for later use.

Optional: Garnish:

Top each cup of soup with plain low-fat yogurt (1 tbsp), grated apple (1 tbsp), or a few apple slices.

Optional: Presentation:

Serve the soup on a bed of steamed brown rice as an entrée.



Curried Lentil Stew

Serving Notes:

One 3/4 cup serving provides 1/2 oz meat/meat alternate and 1/2 cup of vegetable.
Serve using a 6-oz ladle.

Number of Servings	12 Servings	72 servings
Total Weight:	4 lb 5 oz	24 lb 12 oz
Total Volume	9 cups	54 cups
Serving Size (weight):	5 1/2 oz	5 1/2 oz
Serving Size (volume):	3/4 cup	3/4 cup

Nutrients Per Serving					
Calories	130	Saturated Fat	0 g	Iron	2 mg
Protein	5 g	Cholesterol	0 mg	Calcium	50 mg
Carbohydrate	22 g	Vitamin A-RE	275 mcg	Sodium	99 mg
Total Fat	4 g	Vitamin C	13 mg	Dietary Fiber	3 g

