

Orfalea Foundation- SFI

000104 - School Food Lentils :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 32

Size of Portions: 1/2 cup

004053 OIL,OLIVE,SALAD OR COOKING....	2 Tbsp
011282 ONIONS,RAW.....	3 CUPS (chopped)
011124 CARROTS,RAW.....	2 CUPS (chopped)
011143 CELERY,RAW.....	1 CUP (chopped)
011215 GARLIC,RAW.....	1 Tbsp
002047 SALT.....	1 Tbsp
016069 LENTILS,RAW.....	1 qt
002030 PEPPER.....	2 tsp
110278 BROTH, CHICKEN, LOW SODIUM...	3 quart
990160 TOMATOES,CND,DICED,DRND.....	1 QT (diced)

Sort lentils, removing stones, rinse well and drain.

1. Heat large saucepot over medum heat, add oil when pot is hot.
2. Add onions and cook over low heat until translucent, about 5 minutes.
3. Add carrots, celery, and garlic. Stir together to coat with oil and cook until tender, about 8-10 minutes.
4. Add lentils and sitr to coat with oil. Add pepper.
5. Add broth and drained tomatoes and bring to a boil. Reduce to a simmer and cook until lentils are tender and most of the liquid is absorbed, about 40-45 minutes. Add more liquid during cooking process if necessary.
6. When lentils are cooked, add salt and stir

Serve immediately or hold according to HAACP SOP

If re-heating for next day service, chill according to HAACP SOP

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

CCP: Hold at 135° F or higher.

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EQUIPMENT:

- 1-Dry measuring cups, full set
- 1-Liquid measuring cups, quart
- 1-Cutting board and non-slip mat
- 1-Chef's knife
- 1-Container for collecting prepped produce
- 1-Stock pot
- 1-Metal kitchen spoon
- 1- measuring spoons

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

Calories	116 kcal	Cholesterol	1 mg	Protein	7.83 g	Calcium	27.78 mg	11.53%	Calories from Total Fat
Total Fat	1.49 g	Sodium	298 mg	Vitamin A	258.7 RE	Iron	2.01 mg	1.36%	Calories from Sat Fat
Sat Fat	0.18 g	Carbs	18.24 g	Vitamin A	1530.8 IU	Water ¹	*41.11* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	D. Fiber	8.14 g	Vitamin C	5.1 mg	Ash ¹	*1.50* g	62.80%	Calories from Carbs
								26.95%	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