

Recipe Name: Lentil and Veggie Soup

Resources used for Crediting: FBG

Component Contribution

X ___ Meat/Alt X ___ Vegetable/Fruit
 ___ Grain/Bread

| | | |
|--------------------------|--------------------------------|--------------------------------|
| <u>64-66</u> Servings | <u>.75-.72</u> Portion Size | <u>3-5 yr old</u> Age Group |
|--------------------------|--------------------------------|--------------------------------|

| Ingredient | Form (whole, chopped) | <u>Cups 3 gal=48 cups</u> Recipe Yield | |
|------------------|--------------------------|---|----------------------|
| | | Weight | Measure |
| Lentils | Dry | 4 lb | |
| Carrots | Fresh, chopped | 3 lb | |
| Celery | Fresh, chopped | 1 lb | |
| Crushed Tomatoes | Canned, 14.5 oz | | 4 |
| Spinach | Fresh | 1 lb | |
| Chicken broth | | | 28 cups or 7 qts |
| Onion | Chopped | | 3 cups |
| Garlic | Minced | | 6-12 cloves-to taste |
| Oregano | Dried | | 1 Tbsp |
| Bay leaf | Dry | | 2-3 |
| Basil | Dry | | 1 Tbsp |
| Balsamic Vinegar | | | 6-8 Tbsp |
| | | | |
| | | | |
| | | | |

Directions:

In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes.

Stir in lentils, and add broth and tomatoes. Bring to a boil. Reduce heat, and simmer for 1-2 hours. When ready to serve, stir in spinach, and cook until it wilts. Remove bay leaf, stir in vinegar and season to taste with salt and pepper.