

Recipe Name: Lentil and Veggie Soup

Resources used for Crediting: FBG

Component Contribution

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

<u>25</u> Servings	<u> </u> Portion Size	<u>3-5 yr old</u> Age Group
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Ingredient	Form (whole, chopped)	Recipe Yield	
		Weight	Measure
Lima Beans, large	Dry	1 lb	
Lean Ham	Cubed	1 lb	
Onions	Chopped		2 cups
Garlic	Minced		2 Tbsp
Chicken broth			4 14.5 oz cans
Carrots	Fresh, sliced		1 cup
Water			1 cup
Pepper			1 tsp

Directions:

1. Soak lima beans overnight, discard liquid and go to step #2 **or** place lima beans in stock pot; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and rinse beans, discard liquid.
2. In a stock pot coated with nonstick cooking spray, cook onions and garlic until tender. Stir in the broth, ham, carrots, water, pepper and lima beans. Bring to a boil. Reduce heat; cover and simmer for 50 minutes or until beans are tender.