

# Lentils of the Southwest

Meal Components: Meat / Meat Alternate

Side Dishes, I-24r

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Lentils, brown or green, dry	1 lb 14 oz	1 qt 1/2 cup	3 lb 12 oz	2 qt 1 cup	<ol style="list-style-type: none"> <li>1. Rinse lentils and sort out any unwanted materials. Drain well.</li> <li>2. Combine lentils and water in a stock pot. Bring to a boil. Reduce heat and simmer, uncovered, until lentils are tender, about 30-40 minutes.</li> <li>3. Sauté onions and garlic in oil for 5 minutes or until tender. Stir in cumin, red chili pepper, and chili powder. Cook for 2-3 minutes over low heat.</li> <li>4. Combine onions and garlic with cooked lentils. Add water. For 50 servings, add 3 cups water. For 100 servings, add 1 qt 2 cups water.</li> <li>5. Stir in tomatoes and salt. Bring to a boil. Reduce heat and simmer uncovered for 20 minutes.</li> </ol>
Water		2 qt 1/2 cup		1 gal 1 cup	
*Fresh onions, diced	8 oz	1 3/4 cups	1 lb	3 1/2 cups	
Fresh garlic, minced		2 Tbsp		1/4 cup	
Extra virgin olive oil		2 Tbsp		1/4 cup	

Ground red chili pepper		2 Tbsp		1/4 cup	
Chili powder		1 Tbsp		2 Tbsp	
Canned low-sodium diced tomatoes	1 lb 8 oz	3 cups (1/4 No. 10 can)	3 lb	1 qt 2 cups (1/2 No. 10 can)	
OR	OR	OR	OR	OR	
*Fresh tomatoes, diced	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	
Salt		1 Tbsp		2 Tbsp	

Fresh cilantro, finely chopped	2 oz	3 cups	4 oz	1 qt 2 cups
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6. Stir in cilantro before serving.
7. Critical Control Point: Hold for hot service at 135 °F or higher.
8. Portion with 2 fl oz ladle (¼ cup).

## Notes

### Our Story

With the support of Cooking with Kids, a nonprofit organization in Santa Fe that provides hands-on nutrition education each year to elementary school students in public schools, the Sweeney Elementary School recipe challenge team came together to create this delicious dish.

Lentils have so much potential for meals. Packed with protein, vitamins, and fiber, they are easy to cook and have great versatility. Lentils of the Southwest can be served as a side dish to make the perfect New Mexican lunch. When accompanied by brown rice, this lentil recipe becomes a tasty main dish. The team is very happy that their recipe was chosen as a winner to be represented in the

cookbook.

**Sweeney Elementary School**

Santa Fe, New Mexico

**School Team Members**

**School Nutrition Professional:** Judi Jacquez (Director, Student Nutrition Services)

**Chef:** Rocky Durham

**Community Members:** Jane Stacey (Program Director, Cooking with Kids) and Anna Farrier (Community Liaison, Cooking with Kids)

**Students:** Melanie S., Jailey B., Marisol B., Diana O., and Nicole A.

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

¼ cup (2 fl oz ladle) provides:

**Legume as meat alternate:** 1 oz equivalent meat alternate.

OR

**Legume as vegetable:** ¼ cup legume vegetable.

*Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not both simultaneously.*

**Marketing Guide**

<b>Food as Purchased for</b>	<b>50 Servings</b>	<b>50 Servings</b>
Dry lentils, brown or green	1 lb 14 oz	3 lb 12 oz
Mature onions	12 oz	1 lb 6 oz
Tomatoes	1 lb 12 oz	3 lb 8 oz

Serving	Yield	Volume
<p>¼ cup (2 fl oz ladle) provides: Legume as meat alternate: 1 oz equivalent meat alternate. OR Legume as vegetable: ¼ cup legume vegetable. Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not both simultaneously.</p>	<b>50 Servings:</b> about 9 lb	<b>50 Servings:</b> about 1 gallon 1 quart
	<b>100 Servings:</b> about 17 lb	<b>100 Servings:</b> about 2 gallons 1 quart

Nutrients Per Serving					
Calories	68.66	Saturated Fat	0.11 g	Iron	1.84 mg
Protein	4.56 g	Cholesterol		Calcium	15.21 mg
Carbohydrate	10.96 g	Vitamin A	251.11 IU	Sodium	141.83 mg
Total Fat	0.92 g	Vitamin C	2.8 mg	Dietary Fiber	4.16 g