

Lentil Dal Souper Star

Indian style lentil Dal is a comforting, protein rich dish consisting of Washington grown Lentils gently simmered until soft and creamy, flavored with aromatic spices. This version includes lots of flavorful vegetables that make it a hearty, nutritious, protein-rich school meal!

Preparation Time: 45 minutes
Cook Time: 35 minutes

NSLP/SNP crediting information:
Lentils as meat/meat alternate: 1 cup provides 2.25 oz eq M/MA, 3/8 cup red/orange vegetable, and 1/8 cup additional vegetables.
Lentils as vegetable: 1 cup provides 1 1/8 cup total vegetable (1/2 cup beans, peas, and lentils, 3/8 cup red/orange vegetable, and 1/4 cup additional vegetable).

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Oil, canola or other neutral oil	10 oz	1 1/4 cups	1 lb 4 oz	2 1/2 cups	1. Heat oil in tilt skillet or large cooking pot. Add onion, carrots, celery, ginger, garlic, and spices. Sauté 5 minutes or until lightly browned.
Onion, yellow or white, small dice	1 lb 8 oz	1 quart + 1 cup	3 lbs	10 cups	
Carrots, small dice	1 lbs 8 oz	1 quart + 1 cup	3 lbs	10 cups	
Celery, small dice	12 oz	2 1/2 cups	1 lb 8 oz	5 cups	
Ginger, fresh, finely chopped	5 oz	3/4 cup	10 oz	1 1/2 cups	
Garlic, fresh, finely chopped	5 oz	3/4 cup	10 oz	1 1/2 cups	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Coriander Seed, ground		1/2 cup + 1/2 Tbsp		1 cup + 1 Tbsp	
Mustard Seed, whole		3/4 cup		1 1/2 cups	
Black pepper, ground		2 Tbsp		1/4 cup	
Ginger, powdered		1 Tbsp		2 Tbsp	
Cumin, ground		1 Tbsp		2 Tbsp	
Red Chili Flake		1 Tbsp		2 Tbsp	
Cinnamon, ground		1 Tbsp		2 Tbsp	
Water, cold	7 lbs. 8 oz	3 quarts + 3 cups	15 lbs	1 1/2 gal + 1 1/2 quarts	**2.** Add water, lentils, tomato paste, and diced tomatoes. Bring to a boil, then reduce heat to a simmer. Simmer for about 30 minutes or until lentils are tender.
Lentils, brown	1 lb	3 1/4 cup	2 lbs	6 1/2 cups	
Lentils, red	1 lb	3 1/4 cup	2 lbs	6 1/2 cups	
Lentils, beluga	1 lb	3 1/4 cup	2 lbs	6 1/2 cups	
Lentils, golden	1 lb	3 1/4 cup	2 lbs	6 1/2 cups	
Tomato paste	1 lb 8 oz	3 cups	3 lbs	1 1/2 quarts	
Tomatoes, diced, canned	3 lbs 4 oz or 1/2 #10 can	1 1/2 quarts	6 lbs 8 oz	3 quarts or 1 #10 can	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salt, Kosher		1/4 cup		1/2 cup	**3.** Add salt. **Critical Control Point:** Hot hold at 140° F or above until service.
Raita Sauce					**While soup is cooking, make Raita Sauce.**
Yogurt, Greek, low fat	1 lbs 4 oz	2 1/2 cups	2 lbs 8 oz	cups	**4.** Combine all ingredients in an appropriately sized bowl. Stir until well blended.
Oil, olive, extra virgin	2 1/2 oz	1/3 cup	5 oz	2/3 cups	**Critical Control Point:** Store in refrigerator until needed. Lasts up to 7 days.
Garlic, fresh, chopped finely		1/2 Tbsp		1 Tbsp	**5.** Serve 1 cup soup topped with a #50 scoop (0.65 oz) of raita.
Cucumber, finely diced		1 1/2 Tbsp		3 Tbsp	
Cumin, ground		1 Tbsp		2 Tbsp	
Lemon juice		1 1/2 Tbsp		3 Tbsp	
Salt, granulated		2 1/2 tsp		1 Tbsp + 2 tsp	
Black pepper, ground		1/2 Tbsp		1 Tbsp	
Cilantro, fresh, chiffonade		1 1/2 bunches		3 bunches	

NUTRITION INFORMATION
For 8 fl oz (serving size)

NUTRIENTS	AMOUNT
Calories	**227**
Total Fat	**9 g**
Saturated Fat	1 g
Cholesterol	1 mg
Sodium	**526 mg**
Total Carbohydrate	**29 g**
Dietary Fiber	11 g
Total Sugars	5 g
Added Sugars included	0 g
Protein	**10 g**
Vitamin A	2585 mcg RAE
Vitamin C	7 mg
Vitamin D	0 IU
Calcium	72 mg
Iron	4 mg
Potassium	531 mg

N/A=data not available.

MARKETING GUIDE		
Food as Purchased for	**50 Servings**	**100 Servings**
Onions	1 lb. 12 oz	3 lbs. 7 oz
Carrots	1 lb. 13 oz	3 lbs. 10 oz
Celery	15 oz	1 lb. 13 oz

NOTES

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

Cooking Process #2: Same Day Service

YIELD/VOLUME	
50 Servings	**100 Servings**
About 15 gallons 10 cups dal About 1 quart + 1/2 oz Raita	About 31 gallons 4 cups dal About 2 quarts + 1 oz Raita

SOURCE:

FY 2024 Team Nutrition Training Grant

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