RECIPE NAME: Pumpkin Lentil Stew						File Category: Main Dish			
Grade Group: K-12						HACCP Process:			
Number of Portions: 50						☐ #1 No Cook			
Portion Size: 1 each						#2 Cook & Serve Same Day			
Serving Utensil: 1 cup scoop						#3 Includes Cooling Step			
Servings per Pan:									
Ingredients:		Weight:		Measure:		Procedui	e:		
Yellow onion, diced				14 cups		1. Rinse t	e the lentils in a colander and drain.		
Garlic, minced				3 Tbsp.		2. Heat olive oil over medium heat in large stock pot. Add the			
Ginger puree			1/			onion and saute until transparent			
Olive oil			3/4 cup			3. Add th	Add the garlic ginger paste and saute another 2 minutes, unti		
Coriander, ground			1/4 cup			fragrant. Lower heat and stir constantly to avoid burning.			
Cumin, ground		2 Tbsp.			4. Add the spices and saute for a minute more.				
Water			5 (5. Stir in	water, broth, lentils, sweet potato and pumpkin puree.		
Vegetable broth, low sodium				28 cups		6. Simmer over medium low heat for 40-50 minutes or until			
Dry lentils, split red (c	2.5 pounds		i		sweet potato is soft. Stir occasionally.				
Sweet potato, peeled			7 cups						
Pumpkin puree, canned		150 ounces							
Total Yield: 50 portion	Number of Pans:					Equipment (if not specified in the procedures above)			
Weight: Measure (volume			ume): Pan Size:						
Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size			
Meat/Meat Alternate		1 oz eq					Calories: 170		
Vegetable Subgroups		DG	B/P	R/O	S	0	Saturated Fat (g): 0.7		
3/4 cup total				1/2		1/4	Sodium (mg): 15		
Fruits									
Grains									
DG= Dark Green B/P= Bear	ns/Peas (Legum	es) R/O=Red	/Orange S=Sta	archy O=Othe	r				



