

Rustic Lentil Soup



Nutrition Facts

Per serving (125 mL/4 oz)

Amount Per Serving

Calories 64 Calories from Fat 3
% Daily Value

Fat 0 g **1%**

Saturated Fat 1 g 0%

Trans Fat 0 g

Polyunsaturated Fat 0 g

Monounsaturated Fat 0 g

Cholesterol 0 mg **0%**

Sodium 289 mg **12%**

Potassium 221 mg **6%**

Total Carbohydrate 11 g **4%**

Dietary Fibre 2 g 9%

Sugars 2 g

Protein 4 g

Vitamin A 39% Vitamin C 5%

Calcium 3% Iron 10%

Thiamin 5% Riboflavin 3%

Niacin 3% Vitamin B6 6%

Folate 17% Vitamin B12 0%

Phosphorous 8% Zinc 4%



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STEP INSTRUCTIONS

- 1 Rinse lentils prior to combining with other ingredients.
- 2 Combine all ingredients, bring to a boil, and simmer until lentils are cooked (approximately 45 - 60 minutes).

NOTES:

Substitution of fresh vegetables for dehydrated or frozen vegetables may occur. Liquid volume may need to be adjusted.

Substitution of pulses may occur. Prepare pulses as recommended on pages 9 and 10 of the Pulse Potential manual.

Re-heat to 74°C (165°F) in a steam jacketed kettle or steamer.

Please Note: In the 50 servings column the cups, tbsp, and tsp measures are rounded for convenience. Please refer to the bracketed amounts for a closer representation of the nutrition panel.

NUMBER OF SERVINGS

STEP	INGREDIENTS	50	100	250	500
1	Green Lentils, Whole, Dry	3 ½ cups (700 g)	1.4 kg	3.5 kg	7 kg
	Water	15 cups (3.8 L)	7.5 L	18 L	37 L
	Vegetable Soup Base	¼ cup (75 g)	150 g	375 g	750 g
	Celery, Frozen, Diced	2 ½ cups (300 g)	600 g	1.5 kg	3 kg
	Onions, Dried	⅔ cup (50 g)	100 g	250 g	500 g
	Tomatoes, Canned, Crushed	1 ½ cups (400 mL)	800 mL	2 L	4 L
	Thyme, Dried	½ tsp (.5 g)	1 g	3 g	6 g
	Poultry Seasoning	1 tsp (.5 g)	1 g	3 g	6 g
	Ground Black Pepper	½ tsp (1 g)	2 g	5 g	10 g
	Garlic Powder	1 ½ tbsp (11 g)	22 g	55 g	110 g
	Parsley, Dried	¼ cup (5 g)	10 g	25 g	50 g
	Salt	1 ½ tbsp (25 g)	50 g	125 g	250 g
	Carrots, Frozen, Diced	3 ¼ cups (500 g)	1 kg	2.5 kg	5 kg

This recipe was inspired by Vicki Dutton and developed by the team at the Saskatoon Health Region (SHR).



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