Rustic Lentil Soup

Nutrition Facts
Per serving (125 mL/4 oz)

Amount Per Serving
Calories 64  % Daily Value
Calories from Fat 3
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%
Calcium 3%
Thiamin 5%
Niacin 3%
Folate 17%

Vitamin C 5%
Iron 10%
Riboflavin 3%
Vitamin B6 6%
Vitamin B12 0%
Phosphorous 8%
Zinc 4%
Rustic Lentil Soup

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.

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

For more information and recipe ideas go to www.pulsecanada.com

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