

Stew Red Lentil BCC

(SRLBCCverified)

Production Date: Wednesday, 4/15/2015

Production Shift: [all Meals]

Times

Prep Time:

Cooking Time:

Temperatures

Cooking Temp:

Internal Temp:

Production Amount

Yield: 1 2" full pan

Portions: 14.5 6 oz spoodle

Ingredients and Instructions

(Key Name)

10% Olive Oil	6 Ounce	(37081)
Spanish Onions	8 Ounce	(VONISPAN)
Dice		
Celery	8 Ounce	(VCELERY-)
Dice		
Carrots	8 Ounce	(VCAR25LB)
Dice		
Minced Ginger	1 Ounce	(HGINMINCX)
Chopped Garlic	1 Ounce	(8351)
Red Lentil Beans	2 Pound	(0139671)
Water	3 Quart	(abc)
Sweet Yams	1 Pound + 2 Ounce	(VPOTYAMS)
Cube		
Cauliflower	12 Ounce	(VCAULIFL)
Chop		
Red Potatoes	1 Pound + 2 Ounce	(VPOTREDB)
Cube		
Garam Masala Seasoning	1 Tablespoon + 2 Teaspoon	(0134657)
Tumeric	1 Tablespoon	(31797)
Kosher Salt	0.75 Ounce	(2891)
Black Pepper	1 Teaspoon	(33547)
Ground Cumin	2 Teaspoon	(33491)
Fresh Cilantro	1 Ounce	(HCIL04OZX)
Coconut Milk	1 14 Oz/can	(7927)

1. Heat the oil. Saute the celery, carrot, onion, garlic and ginger until softened.
 2. Add the lentil, water, sweet potatoes, cauliflower, potatoes, spice, salt and pepper.
 3. Allow the stew to cook until the vegetables and lentils are tender.
 4. Add the coconut milk and cilantro. Mix well.
- * Serve with Brown Rice*

Red Lentil Stew
2" full pan

Nutrition Facts	
Serving Size 2" full pan (4935g)	
Serving Per Container1	
Amount Per Serving	
Calories 5040	Calories from Fat 2580
% Daily Values*	
Total Fat 287g	442 %
Saturated Fat 14g	72 %
Trans Fat 0	%
Polyunsaturated Fat 54g	%
Monounsaturated Fat 102g	%
Cholesterol less than 5 milligrams	0 %
Sodium 11130mg	464 %
Total Carbohydrate 544g	181 %
Dietary Fiber 141g	564 %
Sugars 71g	%
Protein 117g	234 %
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%
Vitamin E 0%	• Vitamin B6 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrates	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9	• Carbohydrates 4 • Protein 4

The information provided here is for informational purposes only, and depending on data conditions may not comply with applicable regulatory guidelines

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