



# Recipe Name: Lentil and Veggie Soup

Resources used for Crediting: FBG

Component Contribution

X \_\_\_ Meat/Alt      \_\_\_ Vegetable/Fruit  
 \_\_\_ Grain/Bread

<u>44</u> Servings	<u>1/2 cup</u> Portion Size	<u>3-5 yr old</u> Age Group
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Ingredient	Form (whole, chopped)	<u>22 cups</u> Recipe Yield	
		Weight	Measure
Ground turkey		6 lb	
Tomato sauce, canned	2 29 oz,		
Chili sauce,	4 12 oz		
Onions	3 Diced		
Corn	Frozen	2 lb	
Garlic puree			3 tsp
Chili powder & cumin			2 Tbsp each
Vegetable oil			1-2 Tbsp
Water			1 cup
Hamburger buns			
Shredded cheese, opt.			

**Directions:**

Heat vegetable oil in a large skillet. Add onion and sauté for 5 minutes or until somewhat tender. Add meat and garlic, continue to sauté 10 minutes until meat is cooked. Stir in ground chili and cumin, tomato and chili sauces, corn and water and simmer uncovered for 10 minutes. Spoon over buns. Top with shredded cheese.