

Recipe Name: Lentil and Veggie Soup

Resources used for Crediting: FBG

Component Contribution

X ___ Meat/Alt X ___ Vegetable/Fruit
 ___ Grain/Bread

<u>32</u> Servings	___ Portion Size	<u>3-5 yr old</u> Age Group
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Ingredient	Form (whole, chopped)	Recipe Yield	
		Weight	Measure
Lentils	Dry	1.25 lb	
Carrots	Fresh, chopped	.75 lb	
Celery	Fresh, chopped	.75 lb	
Crushed Tomatoes	Canned, 14.5 oz		1
Spinach	Fresh	2 cups	
Chicken broth			10 cups or 2.5 qts
Onion	Chopped		.75 cups
Garlic	Minced		1-3 cloves-to taste
Oregano	Dried		1 tsp
Bay leaf	Dry		1
Basil	Dry		1 tsp
Balsamic Vinegar			1-3Tbsp
Olive oil			
Salt and pepper			

Directions:

In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes.

Stir in lentils, and add broth and tomatoes. Bring to a boil. Reduce heat, and simmer for 1-2 hours. When ready to serve, stir in spinach, and cook until it wilts. Remove bay leaf, stir in vinegar and season to taste with salt and pepper.