


# Barley Lentil Soup

 Cooking time: 60–90 minutes  
HACCP Process #2 Same Day Service



## 1 Serving Provides:

CACFP: 1 ounce Meat/Meat Alternate, 0.75 ounce equivalents Grains, ¼ cup Vegetables

NSLP: 1 ounce Meat/Meat Alternate, 0.75 ounce equivalents Grains,  
⅛ cup Red/Orange Vegetables, ⅛ cup Other Vegetables

SFSP: 1 ounce Meat/Meat Alternate, 0.75 ounce equivalents Grains, ¼ cup Vegetables

Ingredients	40 Servings		80 Servings	
	Weight	Measure	Weight	Measure
Vegetable oil		¼ cup		½ cup
Onion, diced	1 pound 4 ounces	1 quart	2 pounds 8 ounces	2 quarts
Carrots, diced	1 pound 4.8 ounces	1 quart	2 pounds 9.6 ounces	2 quarts
Celery, diced	1 pound 0.8 ounces	1 quart	2 pounds 1.6 ounces	2 quarts
Canned diced tomatoes	3 pounds 12 ounces	1 quart + 3 cups	7 pounds 8 ounces	3 quarts + 2 cups
Chicken or vegetable broth		3 quarts		1 gallon + 2 quarts
Water		3 quarts		1 gallon + 2 quarts
Dry lentils	1 pound 10.8 ounces	1 quart	3 pounds 5.6 ounces	2 quarts
Barley	1 pound 4 ounces	2⅔ cups	2 pounds 8 ounces	5⅓ cups
Oregano, dried		1 Tablespoon + 1 teaspoon		2 Tablespoons + 2 teaspoons
Basil, dried		1 Tablespoon + 1 teaspoon		2 Tablespoons + 2 teaspoons
Thyme, dried		2 teaspoons		1 Tablespoon + 1 teaspoon
Salt		2 teaspoons		1 Tablespoon + 1 teaspoon
Black pepper		2 teaspoons		1 Tablespoon + 1 teaspoon
Garlic powder		1 teaspoon		2 teaspoons



*continues*

# Barley Lentil Soup, continued

## Directions

1. Heat oil in a large stock pot or steam kettle over medium-high heat. Add the onion and cook until softened and slightly browned, about 5 minutes.
2. Add the remaining ingredients and bring to a boil. Lower the heat so the mixture is at a simmer and cover. Cook until the barley and lentils are tender, about 1 to 1½ hours.

CCP: Heat to 165°F or higher for at least 15 seconds.

CCP: Hold for hot service at 135°F or higher.

Serve 1 cup portions using an 8 ounce ladle or spoodle.

Serving	Yield	Volume
1 cup	40 servings, about 20 pounds 80 servings, about 40 pounds	40 servings, about 2 gallons 2 quarts 80 servings, about 5 gallons

Nutrients Per Serving			
Calories	154	Sodium	293 mg
Total Fat	1.8 g	Carbohydrate	28 g
Saturated Fat	0.2 g	Dietary Fiber	9 g
Cholesterol	0 mg	Protein	7 g
		Vitamin A	2575 IU
		Vitamin C	9 mg
		Iron	2 mg
		Calcium	57 mg