


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	10 Servings		20 Servings	
	Weight	Measure	Weight	Measure
Vegetable oil		1 Tablespoon		2 Tablespoons
Onion, diced	5 ounces	1 cup	10 ounces	2 cups
Carrots, diced	5.2 ounces	1 cup	10.4 ounces	2 cups
Celery, diced	4.2 ounces	1 cup	8.4 ounces	2 cups
Canned diced tomatoes	15 ounces	1¾ cups	1 pound 14 ounces	3½ cups
Chicken or vegetable broth		3 cups		1 quart + 2 cups
Water		3 cups		1 quart + 2 cups
Dry lentils	6.7 ounces	1 cup	13.4 ounces	2 cups
Barley	5 ounces	⅔ cup	10 ounces	1⅓ cups
Oregano, dried		1 teaspoon		2 teaspoons
Basil, dried		1 teaspoon		2 teaspoons
Thyme, dried		½ teaspoon		1 teaspoon
Salt		½ teaspoon		1 teaspoon
Black pepper		½ teaspoon		1 teaspoon
Garlic powder		¼ teaspoon		½ teaspoon



Directions

1. Heat oil in a large soup pan 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.

continues

Barley Lentil Soup, continued

Serving	Yield	Volume
1 cup	10 servings, about 5 pounds 20 servings, about 10 pounds	10 servings, about 2 quarts 2 cups 20 servings, about 5 quarts

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