



Hearty Lentil Chili

Makes: 50 Servings

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Ingredients	Weight	Measure
Lentils, raw	2 1/2 lb	5 2/3 cup
Onions, raw	1 lb	3 cup
Carrots, raw	2 1/2 lb	7 1/2 cup
Vegetable oil		3/4 cup

	Water, hot	3/4 cup
Chili powder		3/4 cup
Paprika		1/2 cup
Oregano leaves, dried		1/4 cup
Allspice, ground		3 Tbsp
Cumin, ground		3 Tbsp
Garlic powder		1 tsp
Pepper, black		3/4 tsp
Tomatoes, crushed, canned		12 cup
Beans, red kidney red canned		6 cup
Salt		

Directions

1. Bring large pot of water to a boil.
2. Remove water from heat and soak lentils for 20 minutes, stirring occasionally.
3. Drain lentils after 20 mins.
4. Peel and dice onion(s).
5. Scrub carrots and grate coarsely.
6. Pour vegetable oil in a separate pot and pan fry onions & carrots, stirring frequently until vegetables are softened and turn slightly golden.
7. Add drained lentils.
8. Add water and seasonings, except salt.
9. Stir. Bring to a boil, simmer 20 minutes, stirring frequently until lentils become tender.
10. Add tomatoes when lentils are tender.
11. Bring to a boil.
12. Clean the tops of cans of beans before opening.
13. Open, drain, and rinse kidney beans. Add to mix.
14. Add salt. Mix well.
15. Bring to a boil, stirring frequently.
16. Reduce heat. Simmer 10 minutes.
17. Use 8 oz ladle to serve one cup serving.

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

Hold for hot service at 135F or higher.

Source: Cedar Shoals High School (Recipes for Healthy Kids Competition)