



Red Lentil Soup

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
¼ cup	vegetable oil	60 mL
3	onions, chopped	3
3	tomatoes, chopped	3
4	carrots, chopped	4
2	red peppers, chopped	2
8 cups (3.5 lbs)	red lentils, dry	2 L (1.6 kg)
10 cups	low-sodium broth	2.5 L
10 cups	water	2.5 L
¼ cup	lemon juice	60 mL
1 tbsp	cumin, ground	15 mL
2 tsp	salt	10 mL
Optional:	pepper	

Instructions

1. In a large pot, heat oil over medium heat.
2. Add onions, carrots, tomatoes, and peppers. Sauté about 10 minutes.
3. Meanwhile, in a large sieve, rinse lentils with plenty of water.
4. Add broth, water, and lentils to the pot with the vegetables and bring to a boil.
5. Lower the heat, simmer, and cook for about 30 minutes or until lentils are tender. (Stir frequently or lentils will stick to the bottom of the pot.)
6. Purée the mixture in a food processor or blender, or use an immersion blender.
7. Add cumin, lemon juice, salt, and pepper (if using).
8. Stir slowly over low heat for approx. 5 minutes or until heated through.

Nutrition Information	
Serving 200 mL (¾ cup)	
Calories	140
Fat	2 g
	Saturated 0 g
	+ Trans 0 g
Sodium	120 mg
Carbohydrates	21 g
	Fibre 5 g
	Sugars 2 g
Protein	10 g
	Calcium 20 mg
	Iron 2 mg

Food Guide Servings	
½ Vegetable & Fruit	
½ Meat & Alternative	