

Mulligatawny Soup

Recipe Yield	50 portions
Serving size	340 mL
Cooking method	Simmer
Cooking temperature	n/a
Cook time	60-90 minutes
Ingredient amount	Ingredient List
2 1/8 cup	Oil, Olive Extra Virgin
1 2/3 kg	Carrots, Fresh, peeled and chopped
1 1/2 kg	Onions, Fresh White, diced
83 g	Garlic, Minced
1 3/4 kg	Tomato, Large Fresh, diced
6 1/4 L	Soup, Vegetable Broth RTS
3 1/3 L	Milk, Coconut
1 5/8 kg	Beans, Lentils Red Dry
4 1/8 cup	Flaxseed Meal
250 mL	Seeds, Chia
166 g	Seeds, Hemp
250 mL	Ginger, Ground
1 3/8 Tbsp	Cardamom Ground
2 1/8 tsp	Cinnamon, Ground
2 1/8 tsp	Paprika, Smoked
2 1/8 tsp	Cumin, Powder
125 mL	Turmeric, Ground

Preparation steps

1.	Wash hands before beginning preparation & sanitize surfaces & equipment.
2.	Heat oil in soup pot over medium heat. Add carrot, onion, and garlic. Cook until soft.
3.	Add other ingredients except apples. Bring to a boil and reduce heat to low and simmer for about 50 minutes.
4.	CCP - Cook to an internal temp of 135F/57C held for at least 15 seconds.
5.	Add chopped apples and simmer for another 20 minutes
6.	CCP - Maintain >140F/60C for only 4 hours
7.	CCP - Cool: Product must reach 140F/60C to 70F/21C within 2 hours and 70F to 40F within 4 hours.
8.	CCP - Reheat: To temp of 165F/74C held for 15 second, within 2 hours - one time only

Nutrition facts for 1 bowl (340 mL)

Calories: 490 kcal

Protein: 15 g

Carbohydrates: 48 g

Monounsaturated fat: 9 g

Polyunsaturated fat: 4 g