

Sausage and Lentil Soup



Recipe Yield	Serving Size	Cooking Method	Cooking Temperature	Cook Time
50 Por	180 mL	Saute, Boil, Simmer on Stovetop	>175C	1 h 15 mins

Ingredient Amount (Metric)	Measurements in cups/spoons	Ingredient List
1.6 Kg		Lean Ground Pork
240 g	1 $\frac{2}{3}$ cup	Frozen, diced celery
240 g	1 $\frac{2}{3}$ cup	Frozen, diced onion
5 g	$\frac{1}{2}$ Tbsp	Garlic / garlic powder
375 g	2 $\frac{1}{2}$ cup	Frozen, diced carrots
625 g	3 cups	Dry, red split lentils
100 g	1 cup	Hemp Hearts
6 L	24 cups	Water
125 mL	$\frac{1}{2}$ cup	Dry Chicken base
2 g	1 Tbsp	Dry Oregano
2 g	1 Tbsp	Dry Thyme
4 g	$\frac{1}{2}$ Tbsp	Fennel Seeds
2 g	$\frac{1}{2}$ tsp	Ground Turmeric
3 g	$\frac{1}{2}$ Tbsp	Paprika
2 g	1 tsp	Ground Black Pepper
60 g	4 Tbsp	Table salt
Pureed		
9 L	36 cups	Sausage Lentil Soup
250 mL	1 cup	Thickener, Dry Bulk

Preparation Step	Directions
1.	*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2.	DAY PRIOR TO COOKING: Soak Lentils overnight (Cover with water).
3.	Brown ground pork in a large pot over medium heat. While pork is cooking, rinse lentils in a strainer to remove any dust or debris. When pork is cooked, add onions, garlic, carrots and celery to pot and sauté on medium heat until onions are transparent and all vegetables are tender.
4.	Add the water, soup base, lentils, hemp hearts, spices, salt, and pepper to the pot. Place the lid on the pot and bring to a boil over medium-high heat. Once it reaches a boil, reduce heat to low and let simmer until lentils are tender. Taste and adjust seasonings. Add more water if it gets too dry. Ensure there is a large amount of thin liquid as the soup will thicken as it chills.
5.	*CCP-Maintain temperature 140F/60C for no more than 2 hours. *Reheat to an internal temperature of 165F/74C held for at least 15 seconds.
	MINCED AND MOIST / PUREED PREPARATION
6.	Puree product while hot. Pour soup into food processor and blend until smooth and desired consistency is achieved. Add thickener as required to achieve desired thickness level complying with IDDSI fluid testing guidelines.

Nutrition Facts

Calories: ~ 150 kcal

Protein: 10+ g

Note: Nutrient composition provided is approximate and may vary by ingredients used and quantity prepared. The nutrient composition values were obtained using Synergy Tech Suite and rounded to the nearest 50 kcal for calories and the nearest 10 mg for sodium.