

# Mulligatawny Soup



Recipe Yield	Serving Size	Cooking Method	Cook Time
50 Portions	180mL	Simmer	60-90 minutes

Ingredient Amount (Metric)	Measurements in cups/spoons	Ingredient List
250 mL	1 cup	Olive oil
800 g	5 $\frac{3}{4}$ cup	Diced carrots, fresh or frozen
800 g	5 $\frac{1}{3}$ cup	Diced white onions, fresh or frozen
40 g	5 Tbsp	Garlic, minced
1 kg	4 $\frac{1}{3}$ cups	Canned diced tomato
5 L	20 cups	Vegetable broth RTS
1.8 L	7 $\frac{1}{4}$ cups	Coconut milk
900 g	4 $\frac{1}{2}$ cups	Dry red lentils
250 g	2 cups	Ground flaxseed
100 g	1/2 cup	Chia seeds
100 g	$\frac{2}{3}$ cup	Hemp hearts
9g	1 Tbsp	Ground ginger
3g	1 tsp	Ground cardamom
3g	1 tsp	Ground cinnamon
3g	1 tsp	Smoked paprika
3g	1 tsp	Cumin powder
27g	4 Tbsp	Ground turmeric
27g	4 Tbsp	Curry Powder
15g	1 Tbsp	Salt

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

### Nutrition facts

Calories: ~250 kcal

Protein: 5+ 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.*