

# Recipe Name: LENTIL LOAF

Created by FareStart, Seattle

Recipe Category: Main Dish (Meat Alternate, Grain)

Recipe #: 104

Ingredients	50 Servings		100 Servings		25 Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Lentils, green, dry		6 ¼ cup		12 ½ cup		3 1/8 cup	<ol style="list-style-type: none"> <li>1. Bring water to a boil. Add lentils and simmer 25 – 30 minutes, until lentils are soft and water is evaporated. Drain any excess water and partially mash lentils. Scrape into mixing bowl and allow to cool slightly.</li> <li>2. While cooking lentils: Preheat oven at 350 degrees and sauté the onion in the oil in a pan over medium heat. Cook for 5 minutes or until the onion is translucent.</li> <li>3. Stir into the bowl of lentils the onion and oats until well mixed. Add tomato sauce, garlic, basil, parsley, and salt. Mix well.</li> <li>4. Spoon into loaf pan that has been generously sprayed with non-stick spray. Smooth the top with the back of a spoon. Top with BBQ sauce.</li> <li>5. Bake at 350 degrees for 30 – 45 minutes until the top of the loaf is dry, firm, and golden brown. Let cool in the pan for about 10 minutes. Run a sharp knife around the edges of pan then turn out onto a serving platter.</li> </ol> <p><b>CCP:</b> Hold for hot service at 135 degrees F or higher.</p>
Water (2 parts of lentils)		12 ½ cup		25 cup (1 gal + 9 cup)		6 ¼ cup	
Instant Oats		6 ¼ cup		12 ½ cup		3 1/8 cup	
Onion, yellow, fresh, medium		6 ¼ ea		12 ½ ea		3 1/8 ea	
Olive Oil		2 Tbsp + ¼ tsp		4 Tbsp + ½ tsp		1 Tbsp + dash	
Tomato Sauce		6 ¼ cup		12 ½ cup		3 1/8 cup	
Garlic Powder		2 Tbsp + ¼ tsp		4 Tbsp + ½ tsp		1 Tbsp + dash	
Basil, dried		2 Tbsp + ¼ tsp		4 Tbsp + ½ tsp		1 Tbsp + dash	
Parsley, dried		2 Tbsp + ¼ tsp		4 Tbsp + ½ tsp		1 Tbsp + dash	
Salt		1 Tbsp + dash		2 Tbsp + ¼ tsp		1 ½ tsp	
BBQ Sauce (generic)		1 ½ cup		3 1/8 cup		¾ cup	

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 slice (6 – 8 oz)		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
1 ½	½		

Nutrient Analysis (optional)		
Calories: 159	Saturated Fat: .24 gram	Sodium: 248.16 mg