

## 2ND PLACE WINNER Dry Beans and Peas

Flavored with ground red chili, cumin, garlic, and a touch of tomatoes, these lentils have a “salsa flavor” that kids are sure to love. Even better, this tasty lentil-based recipe can be served as a side item or main dish.



# Lentils of the Southwest

## **SWEENEY ELEMENTARY SCHOOL**

Santa Fe, New Mexico

### **Our Story**

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Sweeney Elementary is a large K through 5th grade elementary school on the south side of Santa Fe, New Mexico. The school celebrates the diversity of its students and emphasizes equality and access to programs for all students.

The recipe challenge team came together to create this delicious dish with the support of Cooking with Kids, a nonprofit organization in Santa Fe that provides hands-on nutrition education each year to elementary school students in public schools. The students helped pick recipe names, and the Cooking with Kids Super Chef engaged the students in conversation, critique, and feedback on the recipes. Over 30 students in 5th grade actively created and evaluated several trial recipes, which were sampled by more than 400 students. This led to the development of the final recipe, Lentils of the Southwest.

Lentils have so much potential for school food service menus. Packed with protein, vitamins, and fiber, they are easy to cook and have great versatility. Lentils of the Southwest can be served as a side dish to make the perfect New Mexican lunch. When accompanied by brown rice, this lentil recipe becomes a tasty and hearty main dish. The team is very happy that their recipe was chosen as a finalist to be represented in the cookbook.

### **School Team Members**

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#### **SCHOOL NUTRITION PROFESSIONAL**

Judi Jacquez (Director, Student Nutrition Services)

#### **CHEF**

Rocky Durham

#### **COMMUNITY MEMBERS**

Jane Stacey (Cooking with Kids Program Director) and Anna Farrier (Cooking with Kids Community Liaison)

#### **STUDENTS**

Melanie S., Jailey B., Marisol B., Diana O., and Nicole A.

# Lentils of the Southwest

Meal Components: Meat Alternate-Legume Vegetable

Vegetables I-24r

Ingredients	25 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
*Lentils, brown or green, dry	15 oz	2 ¾ cups	1. Rinse lentils and sort out any unwanted materials. Drain well.
Water		1 qt ¼ cup	2. Combine lentils and water in a stock pot. Bring to a boil. Reduce heat and simmer, uncovered, until lentils are tender, about 30-40 minutes.
*Fresh onions, diced	4 oz	¾ cup 2 Tbsp	3. Sauté onions and garlic in oil for 5 minutes or until tender. Stir in cumin, red chili pepper, and chili powder. Cook for 2-3 minutes over low heat.
Fresh garlic, minced		1 Tbsp	4. Combine onions and garlic with cooked lentils. Add water. For 25 servings, add 1 ½ cups water.  5. Stir in tomatoes and salt. Bring to a boil. Reduce heat and simmer uncovered for 20 minutes.  Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
Extra virgin olive oil		1 Tbsp	
Ground cumin		1 Tbsp 1 tsp	
Ground red chili pepper		1 Tbsp	
Chili powder		1 ½ tsp	
Canned low-sodium diced tomatoes OR *Fresh tomatoes, diced	12 oz  OR 12 oz	1 ½ cups (⅓ No. 10 can) OR 1 ½ cups	
Salt		1 ½ tsp	
Fresh cilantro, finely chopped		1 ½ cups	6. Stir in cilantro before serving.
			7. Critical Control Point: Hold for hot service at 135 °F or higher.  8. Portion with 2 fl oz ladle (¼ cup).

# Lentils of the Southwest

## Meal Components: Meat Alternate-Legume Vegetable

Vegetables I-24r

### Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
<p>¼ cup (2 fl oz ladle) provides:</p> <p><b>Legume as meat alternate:</b> 1 oz equivalent meat alternate.</p> <p>OR</p> <p><b>Legume as vegetable:</b> ¼ cup legume vegetable.</p> <p><i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not both simultaneously.</i></p>	25 Servings: about 4 lb	25 Servings: about 2 quarts

### Marketing Guide

Food as Purchased for	25 servings
Dry lentils, brown or green	15 oz
Mature onions	6 oz
Tomatoes	14 oz

### Nutrients Per Serving

Calories	68.66	Saturated Fat	0.11 g	Iron	1.84 mg
Protein	4.56 g	Cholesterol	0 mg	Calcium	15.21 mg
Carbohydrate	10.96 g	Vitamin A	251.11 IU	Sodium	141.83 mg
Total Fat	0.92 g		(10.38 RAE)	Dietary Fiber	4.16 g
		Vitamin C	2.80 mg		

# Lentils of the Southwest

Meal Components: Meat Alternate-Legume Vegetable

Vegetables I-24r

Ingredients	50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
*Lentils, brown or green, dry	1 lb 14 oz	1 qt ½ cup	1. Rinse lentils and sort out any unwanted materials. Drain well.
Water		2 qt ½ cup	2. Combine lentils and water in a stock pot. Bring to a boil. Reduce heat and simmer, uncovered, until lentils are tender, about 30-40 minutes.
*Fresh onions, diced	8 oz	1 ¾ cups	3. Sauté onions and garlic in oil for 5 minutes or until tender. Stir in cumin, red chili pepper, and chili powder. Cook for 2-3 minutes over low heat.
Fresh garlic, minced		2 Tbsp	4. Combine onions and garlic with cooked lentils. Add water. For 50 servings, add 3 cups water.  5. Stir in tomatoes and salt. Bring to a boil. Reduce heat and simmer uncovered for 20 minutes.  Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
Extra virgin olive oil		2 Tbsp	
Ground cumin		2 Tbsp 2 tsp	
Ground red chili pepper		2 Tbsp	
Chili powder		1 Tbsp	
Canned low-sodium diced tomatoes OR *Fresh tomatoes, diced	1 lb 8 oz OR 1 lb 8 oz	3 cups (¼ No. 10 can) OR 3 cups	
Salt		1 Tbsp	
Fresh cilantro, finely chopped	2 oz	3 cups	6. Stir in cilantro before serving.
			7. Critical Control Point: Hold for hot service at 135 °F or higher.  8. Portion with 2 fl oz ladle (¼ cup).

# Lentils of the Southwest

## Meal Components: Meat Alternate-Legume Vegetable

Vegetables I-24r

### Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
<p>¼ cup (2 fl oz ladle) provides:</p> <p><b>Legume as meat alternate:</b> 1 oz equivalent meat alternate.</p> <p>OR</p> <p><b>Legume as vegetable:</b> ¼ cup legume vegetable.</p> <p><i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not both simultaneously.</i></p>	50 Servings: about 9 lb	50 Servings: about 1 gallon 1 quart

### Marketing Guide

Food as Purchased for	50 servings
Dry lentils, brown or green	1 lb 14 oz
Mature onions	12 oz
Tomatoes	1 lb 12 oz

### Nutrients Per Serving

Calories	68.66	Saturated Fat	0.11 g	Iron	1.84 mg
Protein	4.56 g	Cholesterol	0 mg	Calcium	15.21 mg
Carbohydrate	10.96 g	Vitamin A	251.11 IU	Sodium	141.83 mg
Total Fat	0.92 g		(10.38 RAE)	Dietary Fiber	4.16 g
		Vitamin C	2.80 mg		

# Lentils of the Southwest

Meal Components: Meat Alternate-Legume Vegetable

Vegetables I-24r

Ingredients	100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
*Lentils, brown or green, dry	3 lb 12 oz	2 qt 1 cup	1. Rinse lentils and sort out any unwanted materials. Drain well.
Water		1 gal 1 cup	2. Combine lentils and water in a stock pot. Bring to a boil. Reduce heat and simmer, uncovered, until lentils are tender, about 30-40 minutes.
*Fresh onions, diced	1 lb	3 ½ cups	3. Sauté onions and garlic in oil for 5 minutes or until tender. Stir in cumin, red chili pepper, and chili powder. Cook for 2-3 minutes over low heat.
Fresh garlic, minced		¼ cup	4. Combine onions and garlic with cooked lentils. Add water. For 100 servings, add 1 qt 2 cups water.  5. Stir in tomatoes and salt. Bring to a boil. Reduce heat and simmer uncovered for 20 minutes.  Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
Extra virgin olive oil		¼ cup	
Ground cumin		⅓ cup	
Ground red chili pepper		¼ cup	
Chili powder		2 Tbsp	
Canned low-sodium diced tomatoes OR *Fresh tomatoes, diced	3 lb OR 3 lb	1 qt 2 cups (½ No. 10 can) OR 1 qt 2 cups	
Salt		2 Tbsp	
Fresh cilantro, finely chopped	4 oz	1 qt 2 cups	6. Stir in cilantro before serving.
			7. Critical Control Point: Hold for hot service at 135 °F or higher. 8. Portion with 2 fl oz ladle (¼ cup).

# Lentils of the Southwest

## Meal Components: Meat Alternate-Legume Vegetable

Vegetables I-24r

### Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
<p>¼ cup (2 fl oz ladle) provides:</p> <p><b>Legume as meat alternate:</b> 1 oz equivalent meat alternate.</p> <p>OR</p> <p><b>Legume as vegetable:</b> ¼ cup legume vegetable.</p> <p><i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not both simultaneously.</i></p>	100 Servings: about 17 lb	100 Servings: about 2 gallons 1 quart

### Marketing Guide

Food as Purchased for	100 Servings
Dry lentils, brown or green	3 lb 12 oz
Mature onions	1 lb 6 oz
Tomatoes	3 lb 8 oz

### Nutrients Per Serving

Calories	68.66	Saturated Fat	0.11 g	Iron	1.84 mg
Protein	4.56 g	Cholesterol	0 mg	Calcium	15.21 mg
Carbohydrate	10.96 g	Vitamin A	251.11 IU	Sodium	141.83 mg
Total Fat	0.92 g		(10.38 RAE)	Dietary Fiber	4.16 g
		Vitamin C	2.80 mg		