

LENTIL BOLOGNESE



YIELD: 50 servings

SERVING SIZE: 8oz ladle

PREP TIME: 20 minutes

COOK TIME: 60-75 minutes



LENTIL BOLOGNESE

A hearty comfort food featuring lentils simmered in a rich tomato sauce. Serve over penne or spaghetti pasta, or toss with ziti and top with Parmesan cheese.

ONE PORTION PROVIDES:

2 oz. eq. meat/meat alternate, ½ cup vegetable, 2 oz. eq. whole grain

FOR 50 SERVINGS:

TOTAL COOK TIME FOR LENTILS: 60 to 75 minutes

TOTAL PREPARATION TIME: 20 minutes, plus cook time.



INGREDIENTS	50 SERVINGS	DIRECTIONS
Lentils, green, dry	3 ½ pounds	1. Preheat oven to 400 °F. 2. Rinse lentils and sort out any unwanted materials. Drain well. 3. In a 6-inch, full-size pan, combine crushed tomatoes, tomato sauce, and water. Whisk to combine.
Tomatoes, canned, crushed, no salt	7 pounds	
Tomato sauce, canned, no salt	6 ½ pounds	
Water	2 quarts	
Garlic, granulated	1 cup	4. Add granulated garlic and Italian seasoning. Whisk to thoroughly blend.
Italian seasoning	½ cup	
Onion, diced, frozen, chopped	2 ¼ pounds	5. Add onions and lentils. Stir to mix into sauce. 6. Place the steam table pan in the oven and bake for 60 to 75 minutes.
Milk, lowfat	1 ¼ quarts	
Vinegar, balsamic	½ cup	7. Once baked, remove from the oven, add milk, and stir to completely blend. 8. Add the balsamic vinegar and stir. <i>*note do not add milk and balsamic at the same time as it will curdle the milk. Mix well between adding each ingredient.</i> CCP: Heat to 165 °F for 15 seconds

		CCP: Hold for hot service at 135 °F or higher.
Pasta, rotini, whole wheat, dry	6 pounds	9. Boil water in a steam-jacketed kettle, tilt skillet, or in a large pot on the stove top. 10. Add pasta to boiling water, return to a boil as quickly as possible. 11. Cook pasta for 6 to 8 minutes. 12. Drain pasta as quickly as possible. <i>Note: if using a steamer, put pasta in hotel pans with water to cover, and increase cooking time to 6 minutes using maximum steam.</i> 13. Place one cup of rotini pasta in a serving bowl using an 8-ounce spoodle. Top with an 8-ounce ladle of lentil Bolognese sauce.
Cheese, Parmesan, grated	3 ½ cups	14. Garnish with one tablespoon of Parmesan cheese.

NUTRITION INFORMATION

1 serving

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	390		Total Carbohydrate	75	(g)
Total Fat	3	(g)	Dietary Fiber	14	(g)
Saturated Fat	1	(g)	Total Sugars	10	(g)
Cholesterol	5	(mg)	Vitamin D	0	(mcg)
Sodium	150	(mg)	Calcium	137	(mg)
Protein	22	(g)	Iron	6	(mg)

NOTES

YIELD/VOLUME

SOURCE

Samantha Cowens Gasbarro, HealthySchoolRecipes.com

