

# Lentil Chili - Frito Pie

Recipe and Picture via Austin ISD

## Vegan Lentil Chili-Frito Pie (2 WGR) (TR2368) - (Lentil Chili-Frito Pie / Frito Pie de lentejas con chile)

Marketing Description Hearty lentil chili flavored with tomatoes, pepper, onions, and seasonings served over frito corn chips. A great modification to a traditional dish.

Vegan

Scaled for 25 (1 serving) servings

Allergens Contains Corn/Corn Products, Lentils;

Meal Contribution 2 Meat/MA, 2 WGR

Yield 8 Pound, 12.795Ounce

Tips/Comments	
<ul style="list-style-type: none"> <li>Slow</li> </ul>	

Step #	Stock Item# / Recipe Code	Stock Item / Recipe Name	Stock Quantity	Directions
1	LENTIL 01	Lentils, 20 lb/case , Cooked	1 Pound, 5.6 Ounce	1. Pour dry lentils into colander and rinse well with cool running water. Sort the lentils with your hands and eyes to inspect for rocks. Place rinsed lentils in a slotted steam pan and steam for 12-15 minutes.  2. While lentils are steaming, heat oil on medium heat & cook/sauté onions for 3-5 minutes.
2	COOKING OIL 04	Oil, Canola, 3 - 1 gallons/case , As Purchased	1 tablespoon	3. Add Salt, diced red bell peppers and diced roasted Poblano peppers and cook/sauté for another 5 minutes. 4. Add Chili Powder, cumino and fresh minced Garlic and cook until garlic turns golden.
3	PRODUCE 058	Onion, Yellow, Jumbo, 50 lb case (71415) , As Purchased	10 Ounce	5. Add tomato paste and mix all ingredients thoroughly.
4	PRODUCE 062	Pepper, Bell, Red, 5 lb bag (02656) , As Purchased	8 Ounce	6. Stir in Lentils and canned tomatoes and mix all ingredients thoroughly.
5	SPICE 35	Comino Powder, 1 lb container , As Purchased	1 tablespoon	7. Add Vegetable broth/stock and heat all ingredients to a low simmer for 30-40 minutes, or until lentils are tender. Stir mixture frequently throughout the cooking process.
6	PRODUCE 035	Garlic, Peeled, 5 lb jar (11153) , As Purchased	1 tablespoon	
7	PRODUCE 067	Pepper, Poblano, 3 lb bag (72614) , Cooked	6 Ounce	Serving / Assembly Instructions: - Portion 1.5 oz Fritos into bottom of serving container. - Top with #6 disher Lentil Chili. - 1oz shredded cheddar cheese is menued as an optional condiment for Lentil Frito Pie.
8	SPICE 04	Chili Powder, 1 lb container , As Purchased	1/8 Cup	
9	SPICE 26	Salt, Iodized, 4 lb Box , As Purchased	1/2 teaspoon	
10	TR1131	Vegetable Broth/Stock	4 Cup	

Step #	Stock Item# / Recipe Code	Stock Item / Recipe Name	Stock Quantity	Directions
11	SAUCE 15	Tomato Paste, 24 - 12 oz can/case , As Purchased	6 Ounce	
12	CANNED VEGETABLES 07	Tomato, Diced, 6 - #10 can/case, Commercial , As Purchased	1 Pound	
13	HARDIES 27	Chips, Fritos, Bulk, 8 - 16 oz bag/case (12026) , As Purchased	2 Pound, 5 1/2 Ounce	

# Lentil Chili - Frito Pie

Recipe and Picture via Austin ISD

