

# SPLIT PEA CURRY



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INGREDIENTS	WEIGHT	MEASURE	METHOD
Oil, vegetable		¾ cups	1. Heat oil in large kettle. 2. Add onions, carrots, garlic, ginger, and curry powder. Sauté until onions are translucent.
Onion, diced	3 ¼ lb		
Carrots, diced	3 ¼ lb		
Garlic, minced		½ cup	
Ginger, minced		½ cup	
Curry powder		½ cup	
Tomatoes, canned, unsalted, diced		1 #10 can	3. Add diced tomatoes to deglaze the pan.
Coconut milk		3 ¼ quarts	4. Add coconut milk and vegetable broth. Stir well.
Stock, vegetable, low sodium		1 gallon	
Split peas	4 ½ lb		5. Rinse split peas. 6. Add rinsed split peas to mixture. 7. Simmer for 1 hour.
Lemon juice		1 cup	8. Add lemon juice and stir. <b>CCP:</b> Heat to 135°F for at least 15 seconds. <b>CCP:</b> Hold warm, above 135°F for service.
Cilantro, fresh, chopped		3 cups	9. Serve warm and garnish with cilantro and a drizzle of yogurt. <b>Optional:</b> serve with warm flatbread or brown rice.
Yogurt, low-fat		1 cup	

## PULSE SWAP:

Curries can be made from most pulses and are delicious served with rice or flatbread. Substitute the following pulses (or blend of pulses):

- Black beans
- Red lentils
- Chickpeas
- White beans
- Green lentils
- Yellow split peas
- Kidney beans

## Meal Components per serving:

2 oz eq Meat/Meat Alternate, ½ cup Vegetable

## Approximate nutritional contribution per serving:

340 Calories, 16 g Fat, 11 g Saturated Fat, 0 mg Cholesterol, 90 mg Sodium, 38 g Total Carbohydrate, 13 g Dietary Fiber, 13 g Protein, 81 mg Calcium, 4 mg Iron.

**COOLING:** CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

**SANITATION INSTRUCTIONS:** Wash hands and exposed parts of arms before handling food, after handling raw foods, and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours.