

1.11FZ Lentil Stew with Spinach, Key Sir Alichá

Total Yield: 1 each

Shelf Life: _____

Allergens: _____

Components

	PREPARATIONS	USAGE
Stew, Lentil with Spinach (subrecipe)		~1 3/8 cup
Potatoes, Stewed with Beets (Key Sir Alichá) (sub-recipe)		~10 5/8 tbsp

Stew, Lentil with Spinach

Total Yield: ~1 3/8 cup

Shelf Life: _____

Allergens: _____

Components

	PREPARATIONS	USAGE
Bean, Lentil Dried Raw Bean		~1 5/8 oz
Tomato, Diced Canned	Chop; DO NOT DRAIN	~3 5/8 oz
Onion, Yellow Whole Fresh	Mince	~2 7/8 oz
Garlic, Whole Clove Peeled Fresh	Mince	~1/4 oz
Spinach, Baby Fresh	Rough Chop	~7/8 oz
Spice, Gedo Blend (subrecipe)		1.028 g
Juice, Lemon Not From Concentrate Fresh		2.571 g
Oil, Canola & Extra Virgin Olive Oil Blend 75/25 Import		~1 1/4 tsp
Spice, Black Pepper		0.514 g
Salt, Coarse Kosher		0.686 g

Spice, Gedo Blend

Total Yield: 0.036 oz

Shelf Life: _____

Allergens: _____

Components

	PREPARATIONS	USAGE
Spice, Peppercorn Black		0.187 g
Spice, Cinnamon Stick		0.187 g
Spice, Clove Whole		0.187 g
Spice, Coriander Seeds		0.093 g
Spice, Cumin Whole		0.187 g
Spice, Cardamom Pods Green		0.187 g

Potatoes, Stewed with Beets (Key Sir Alichia)

Total Yield: ~2/3 cup

Shelf Life: _____

Allergens: _____

Components

	PREPARATIONS	USAGE
Beets, Diced Fancy Canned	Drain; Rinse	~1 3/4 oz
Potato, Yukon Gold Diced	Dice; 1/4"	~1 3/4 oz
Onion, Yellow Whole Fresh	Dice; 1/8"	~1 3/8 oz
Pepper, Jalapeno	Mince	1.576 g
Garlic, Whole Clove Peeled Fresh	Mince	3.152 g
Ginger, Root Fresh	Mince	1.576 g
Salt, Coarse Kosher		0.315 g
Water, Tap		~1 3/4 tbsp
Oil, Canola & Extra Virgin Olive Oil Blend 75/25 Import		~2/3 tsp