

Lentil Power Soup

Few foods are as simple and satisfying as soup. Add the power of high-quality U.S. dairy proteins, and this zesty lentil-curry soup helps to build a higher-protein diet known to curb appetites. Using proteins from milk protein concentrate and a concentrated casein ingredient, each serving delivers 20g of protein (40% Daily Value) and 35% Daily Value of calcium. This flavorful soup packs a gratifying nutritional punch.



20g
OF
PROTEIN

HIGH
IN
CALCIUM

MARKET INSIGHTS

- Soups classified as premium or those that emphasize health and wellness are expected to drive category value by 8% from 2013 to 2018 to reach \$5.4 billion in the U.S. (Euromonitor, December 2013)
- 30% of primary grocery shoppers want to see more types of protein-enriched foods in the future, and a protein-enriched soup is the most desired food item. (NPD Group, February 2014)
- A tremendous opportunity exists to target the aging population with high-protein food, especially because about 27% of seniors in America are not eating the amount of protein they should in order to maintain proper health. (Datamonitor, April 2013)

INGREDIENTS

	Usage Levels (%)
Water	38.70
Tomato, chopped	12.64
Lentils	10.00
Carrots, frozen, diced (NORPAC Foods)	6.94
Celery, frozen, diced (NORPAC Foods)	6.94
Bell pepper, green, frozen, diced (Gregg & Associates)	5.14
Bell pepper, red, frozen, diced (Gregg & Associates)	5.14
Onion, white, chopped	4.17
Micellar casein concentrate	3.20
Milk protein concentrate	3.20
Olive oil	2.08
Lemon pepper powder	0.50
Whey permeate (dairy product solids)	0.69
Ginger root, raw	0.07
Garlic, fresh, raw	0.07
Turmeric powder	0.28
Salt	0.14
Curry powder	0.10
Total	100.00

INGREDIENTS: Water, tomato, lentils, carrot, celery, green bell pepper, red bell pepper, onion, micellar casein concentrate, milk protein concentrate, olive oil, dairy product solids, spices (ginger, garlic, turmeric, curry, lemon pepper), salt.

Contains: celery, milk

BENEFITS OF USING U.S. DAIRY

Micellar casein concentrate

- Novel ingredient offering high-quality protein with a clean flavor
- Heat-stable around neutral pH
- Emulsifies and binds water
- Offers flexibility to adjust texture (creaminess) and viscosity (thickness)

Milk protein concentrate

- High-quality source of protein and contributes valuable minerals such as calcium, magnesium and phosphorus, which may reduce the need for additional fortification
- Imparts a clean dairy flavor without adding significant levels of lactose
- Provides water-binding, thickening and viscosity properties

Whey permeate

- Provides salty characteristics so that added salt may be reduced
- Simply labeled as dairy product solids

NUTRITIONAL CONTENT

U.S. Label

Nutrition Facts

Serving Size 1 cup (240 ml)	
Amount Per Serving	
Calories 220	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 340mg	14%
Total Carbohydrate 23g	8%
Dietary Fiber 9g	36%
Sugars 6g	
Protein 20g	40%
Vitamin A 70%	Vitamin C 60%
Calcium 35%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Per 100g

Calories	91kcal
Total Fat	2g
Saturated Fat	0.5g
Trans Fat	0g
Cholesterol	4mg
Total Carbohydrates	9g
Dietary Fiber	4g
Sugars	2g
Protein	8g
Calcium	154mg
Magnesium	23mg
Phosphorus	128mg
Potassium	231mg
Sodium	142mg
Iron	1mg
Vitamin A	1,481IU
Vitamin C	14mg

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PREPARATION

1. **Soak the lentils in warm water for 30 minutes.**
2. **Hydrate the dairy protein ingredients (micellar casein concentrate and milk protein concentrate) in 2 tablespoons of warm water for 15 to 30 minutes.**
3. **Boil the lentils in a pan with ½ cup water until they become soft and all water is absorbed. Set aside.**
4. **Heat olive oil in a saucepan. Add garlic, ginger and turmeric powder, followed by the chopped onion.**
5. **Add the rest of the chopped vegetables and the lentils. Cook on medium heat until vegetables are soft.**
6. **Add the hydrated dairy protein ingredients and mix well.**
7. **Add the curry powder and lemon pepper powder, salt and whey permeate. Mix well and cook for 10 to 15 minutes.**
8. **If desired, garnish with coriander.**

Rely on the dynamic lineup of U.S. dairy to meet consumer demands in global product development. The U.S. Dairy Export Council® (USDEC) offers resources on ThinkUSAdairy.org including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and prototype assistance to help develop and launch your next successful product. [@ThinkUSAdairy](https://twitter.com/ThinkUSAdairy)

This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specifications needs. Developed at the Institute for Dairy Ingredient Processing, South Dakota State University. ©2014 U.S. Dairy Export Council.