# 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.

## **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 proteinenriched 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

Per 100g

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**

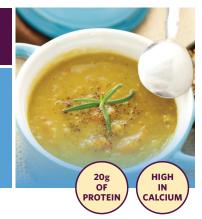
## U.S. Label

## Nutrition Facts

Serving Size	e i cup (	240 mi)	
Amount Per Se	rving		
Calories 22	0 Ca	lories fror	n Fat 50
		% Di	aily Value*
Total Fat 6g			<b>9</b> %
Saturated	Fat 1g		5%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium 340	)mg		14%
Total Carbo	hydrate	23g	8%
Dietary Fi	ber 9g		36%
Sugars 6g	J		
Protein 20g			40%
Vitamin A 70	• •	Vitamin (	C 60%
Calcium 35%	6.	Iron 15%	•
*Percent Daily V diet. Your daily v depending on yo	alues may	be higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Protein	Less thar Less thar Less thar Less thar ate	20g 300mg	80g 25g 300mg 2,400mg 375g 30g 65g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Calories	91kcal
Total Fat	2g
Saturated Fat	0.5g
Trans Fat	Og
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



## PREPARATION

- 1. Soak the lentils in warm water for 30 minutes.
- 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<sup>®</sup> (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. **Sec. 2019** (<u>aThinkUSAdairy</u>)

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.

