

# Confetti Soup



<b>Servings:</b>	200.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51159
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND SOY/POM OLV 90/10	1 1/4 Cup		524948
ONION YELLOW JUMBO	2 Pound		109620
CELERY STIX	2 Pound		781592
CARROT DCD	2 Pound		285640
SALT IODIZED	2 Fluid Ounce 1 Tablespoon 1 0 Teaspoon (16 Teaspoon)		125557
SPICE PEPR BLK REG FINE GRIND	1 Fluid Ounce 2 0 Teaspoon (8 Teaspoon)		225037
SPICE FENNEL SEED WHOLE	1 Fluid Ounce 2 0 Teaspoon (8 Teaspoon)		224812
SPICE PEPR RED CRUSHED	1 Tablespoon 1 Teaspoon (4 Teaspoon)		430196
BEAN PINTO PREWSHD	22 1/2 Pound		788770
Water	7 Serving	READY_TO_DRINK	Water
Ham Ckd Fz Cube	12 Pound		655001

Description	Measurement	PreInstructions	DistPart#
KALE CHPD	1 Pound		897111
PARSLEY CALIF CLND	1 Pint 1/2 Cup (2 1/2 Cup)		272396

## Preparation Instructions

### Instructions

Heat oil in a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove. Sauté onions and celery for 2-3 minutes or until tender.

Add carrots, salt, pepper, fennel, and crushed red pepper (optional). Sauté for an additional 2-3 minutes.

Add peas and water. Cook uncovered over medium heat for 20-25 minutes.

Add turkey ham and kale. Cook covered over low heat for an additional 10 minutes or until kale is tender.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Critical Control Point: Hold for hot service at 135 °F or higher. Add parsley immediately before serving.

Portion with 8 fl oz ladle (1 cup).

### Recipe Notes

Cooking time increases if frozen black-eyed peas are used. Cook until peas are soft.

Located in Charleston, South Carolina, Burke Middle and High School takes pride in sharing its rich history of 96 years of intellectual enlightenment. The school strives to help each student reach his/her individual potential while achieving measurable success in the classroom. This does not stop inside the school, but reaches outside to the community, and was evident in the collaboration to create Confetti Soup!

This recipe challenge team formed a dynamic group with a local restaurant chef as their lead. The chef invited the team members to his restaurant to begin developing recipes for the competition. They worked to perfect the recipes and later prepared the recipes for the students to try. All of their hard work resulted in Confetti Soup. This isn't your everyday soup—students will surely be asking for more!

Crediting: 1 cup (8 fl oz ladle) provides: Legume as Meat Alternate: 1-½ oz equivalent meat/meat alternate and ¼ cup other vegetable. Or Legume as Vegetable: ½ oz equivalent meat, ¼ cup legume vegetable, and ¼ cup other vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Nutrition Facts per Serving (1 cup)

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.250
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	51.37
<b>Fat</b>	3.09g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	14.16mg
<b>Sodium</b>	385.99mg
<b>Carbohydrates</b>	3.15g
<b>Fiber</b>	0.82g
<b>Sugar</b>	1.48g
<b>Protein</b>	4.42g
<b>Vitamin A</b> 303.25IU	<b>Vitamin C</b> 2.19mg
<b>Calcium</b> 30.37mg	<b>Iron</b> 0.52mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available