

Confetti Soup



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND SOY/POM OLV 90/10	1 Cup 3 Tablespoon 2 Teaspoon (1 1/4 Cup)		524948
ONION YELLOW JUMBO	32 Ounce		109620
CELERY STIX	32 Ounce		781592
CARROT DCD	32 Ounce		285640
SALT IODIZED	5 Tablespoon		125557
SPICE PEPR BLK REG FINE GRIND	2 Tablespoon 1 Teaspoon (8 Teaspoon)		225037
SPICE FENNEL SEED WHOLE	2 Tablespoon 1 Teaspoon (8 Teaspoon)		224812
SPICE PEPR RED CRUSHED	1 Tablespoon		430196
BEAN PINTO PREWSHD	360 Ounce		788770
Water	7 Serving	READY_TO_DRINK	Water
Ham Ckd Fz Cube	192 Ounce		655001
KALE CHPD	16 Ounce		897111
PARSLEY CALIF CLND	2 Cup 8 Tablespoon (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 (1cup)

Meal Components (SLE)

Amount Per Serving

Meat	0.500
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.250
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		53.52	
Fat		3.10g	
SaturatedFat		1.00g	
Trans Fat*		0.00g	
Cholesterol		14.16mg	
Sodium		197.27mg	
Carbohydrates		3.54g	
Fiber		0.91g	
Sugar		1.49g	
Protein		4.55g	
Vitamin A	303.25IU	Vitamin C	2.19mg
Calcium	31.07mg	Iron	0.55mg

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

Nutrition - Per 100g

No 100g Conversion Available