

# Confetti Soup

Meal Components: Vegetable - Beans / Peas, Vegetable - Other, Meat / Meat Alternate

Soups & Stews, H-09r

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canola oil		2 1/2 Tbsp		1/4 cup 1 Tbsp	<ol style="list-style-type: none"> <li>Heat oil. For 25 servings, use a large stockpot. For 50 servings, use 1 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.</li> </ol>
*Fresh onions, diced	15 oz	3 cups	1 lb 14 oz	1 qt 2 cups	
*Fresh celery, diced	15 oz	3 cups	1 lb 14 oz	1 qt 2 cups	<ol style="list-style-type: none"> <li>Add carrots, salt, pepper, fennel, and crushed red pepper (optional). Sauté for an additional 2-3 minutes.</li> </ol>
*Fresh carrots, diced	15 oz	3 cups	1 lb 14 oz	1 qt 2 cups	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black pepper		2 tsp		1 Tbsp 1 tsp	
Fennel seed, whole		1 tsp		2 tsp	
Crushed red pepper (optional)		1/2 tsp		1 tsp	
Canned low-sodium black-eyed	2 lb 13 oz	1 qt 2 1/2 cups (2/3	5 lb 10 oz	3 qt 1 cup (2/3 No.	<ol style="list-style-type: none"> <li>Add peas and water. Cook uncovered over</li> </ol>

OR	OR	OR	OR	OR	
Frozen black-eyed peas (See Notes Section)	2 lb 13 oz	2 qt	5 lb 10 oz	1 gal	
Water		3 qt 2 cups		1 gal 3 qt	
Turkey Ham, extra-lean, diced 1/4"	1 lb 8 oz	3 1/4 cups	3 lb	1 qt 2 1/2 cups	<b>4.</b> Add turkey ham and kale. Cook covered over low heat for an additional 10 minutes or until kale is tender.
*Fresh kale, coarsely chopped	2 oz	1 1/4 cups	4 oz	2 1/2 cups	
*Fresh parsley, finely chopped		1/3 cup		2/3 cup	<b>5.</b> Critical Control Point: Hold for hot service at 135 °F or higher. <b>6.</b> Portion with 8 fl oz ladle (1 cup)

## Notes

### Our Story

Located in Charleston, South Carolina, Burke Middle and High School takes pride in sharing its rich history. The school strives to help each student reach his/her individual potential while achieving measurable success in the classroom.

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—your kids will surely be asking for more!

**Burke Middle and High School**

Charleston, South Carolina

**School Team Members**

**School Nutrition Professional:** Erin Boudolf, RD

**Chef:** Craig Deihl

**Community Members:** Jennifer Moore (The Medical University of South Carolina's Boeing Center for Promotion of Healthy Lifestyles in Children and Families) and Coleen Martin (The Medical University of South Carolina's Boeing Center for Promotion of Healthy Lifestyles in Children and Families)

**Students:** Auja R., Keshawn J., Quatifah L., and Tyler M.

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

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

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*

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Mature Onions	1 lb 2 oz	2 lb 4 oz
Celery	1 lb 2 oz	2 lb 4 oz
Carrots	1 lb 2 oz	2 lb 4 oz
Kale	2 1/2 oz	5 oz
Parsley	3/4 oz	1 1/2 oz

Serving	Yield	Volume
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.	<b>25 Servings:</b> about 12lb	<b>25 Servings:</b> about 1 gallon 2 quarts
	<b>50 Servings:</b> about 23 lb	<b>50 Servings:</b> about 3 gallons

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**Nutrients Per Serving**

Calories	94	Saturated Fat		Iron	1 mg
Protein	8 g	Cholesterol	18 mg	Calcium	35 mg
Carbohydrate	10 g	Vitamin A	3033 IU	Sodium	488 mg
Total Fat	3 g	Vitamin C	4 mg	Dietary Fiber	3 g