

Split Pea Soup

Meat Alternate-Vegetable-Grains/Breads

Soups

H-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	<ol style="list-style-type: none"> In a heavy pot, melt margarine or butter. Add onions. Sauté onions until soft and slightly browned, about 2-3 minutes. Add water to onions and bring to a boil. Add peas, celery, carrots, bay leaves, salt, and pepper. Bring to a boil. Reduce heat. Simmer, covered, until peas are soft, about 50 minutes. Add marjoram, thyme, and hot milk. Stir to blend. CCP: Heat to 140° F or higher. Remove bay leaves. CCP: Hold for hot service at 140° F or warmer. <p>Portion with 4 oz ladle (½ cup). Place ¼ slice of toasted bread on top.</p>
*Fresh onions, chopped OR Dehydrated onions	2 oz	⅓ cup OR 3 Tbsp	4 oz	⅔ cup OR ¼ cup 2 Tbsp	
Water		2 qt		1 gal	
Dry split green peas	1 lb 3 oz	2 ¾ cups	2 lb 6 oz	1 qt 1 ½ cups	
*Fresh celery, ¼" diced	12 oz	2 ¾ cups 2 Tbsp	1 lb 8 oz	1 qt 1 ¾ cups	
*Fresh carrots, ½" diced	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	
Dried bay leaf		1 each		2 each	
Salt		2 Tbsp	2 ⅝ oz	¼ cup	
Ground black or white pepper		½ tsp		1 tsp	
Dried marjoram		⅛ tsp		¼ tsp	
Dried thyme		½ tsp		1 tsp	
Lowfat 1% milk, hot		2 cups		1 qt	
Enriched white bread, (at least 0.9 oz each), toasted, and cut into fourths		7 slices (28 ¼ pieces)		13 slices (52 ¼ pieces)	

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* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Celery	15 oz	1 lb 14 oz
Carrots	15 oz	1 lb 14 oz

SERVING:	YIELD:	VOLUME:
½ cup (4 oz ladle) of soup with ¼ slice of toast provides ¼ cup of cooked split peas or the equivalent of 1 oz cooked lean meat, ⅛ cup of vegetable, and ¼ slice of bread	25 Servings: 6 lb 8 oz	25 Servings: 3 quarts ½ cup
	50 Servings: 13 lb	50 Servings: about 1 gallon 2 ¼ quarts
Tested 2004		

Nutrients Per Serving

Calories	114	Saturated Fat	0.57 g	Iron	1.11 mg
Protein	5.94 g	Cholesterol	1 mg	Calcium	51 mg
Carbohydrate	17.54 g	Vitamin A	3174 IU	Sodium	664 mg
Total Fat	2.53 g	Vitamin C	1.6 mg	Dietary Fiber	5.3 g