

Confetti Soup

Meal Components: Meat/Meat Alternate-Legume Vegetable-Other Vegetable

Soups H-09r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canola oil		2 ½ Tbsp		¼ cup 1 Tbsp	1. 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.
*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	2. Add carrots, salt, pepper, fennel, and crushed red pepper (optional). Sauté for an additional 2-3 minutes.
*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)		½ tsp		1 tsp	
Canned low-sodium black-eyed peas, drained, rinsed OR Frozen black-eyed peas (See Notes Section)	2 lb 13 oz OR 2 lb 13 oz	1 qt 2 ½ cups (2/3 No. 10 can) OR 2 qt	5 lb 10 oz OR 5 lb 10 oz	3 qt 1 cup (1 ½ No. 10 cans) OR 1 gal	3. Add peas and water. Cook uncovered over medium heat for 20-25 minutes.
Water		3 qt 2 cups		1 gal 3 qt	
Turkey Ham, extra-lean, diced ¼"	1 lb 8 oz	3 ¾ cups	3 lb	1 qt 2 ½ cups	4. 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.
*Fresh kale, coarsely chopped	2 oz	1 ¼ cups	4 oz	2 ½ cups	
*Fresh parsley, finely chopped		½ cup		¾ cup	5. Critical Control Point: Hold for hot service at 135 °F or higher. Add parsley immediately before serving.
					6. Portion with 8 fl oz ladle (1 cup).

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Notes
*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.

Serving	Yield	Volume
1 cup (8 fl oz ladle) provides :	25 Servings: about 12 lb	25 Servings: about 1 gallon 2 quarts
Legume as Meat Alternate: 1 ½ oz equivalent meat/meat alternate and ¼ cup other vegetable.	50 Servings: about 23 lb	50 Servings: about 3 gallons
OR		
Legume as Vegetable: ½ oz equivalent meat, ¼ cup legume vegetable, and ¼ cup other vegetable.		
<i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.</i>		

Marketing Guide		
Food as Purchased for	25 servings	50 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 ½ oz	5 oz
Parsley	¾ oz	1 ½ oz

Nutrients Per Serving					
Calories	94.09	Saturated Fat	0.40 g	Iron	1.26 mg
Protein	7.92 g	Cholesterol	17.53 mg	Calcium	34.80 mg
Carbohydrate	10.39 g	Vitamin A	3033.33 IU	Sodium	487.58 mg
Total Fat	2.83 g		(151.67 RAE)	Dietary Fiber	2.55 mg
		Vitamin C	4.22 mg		