Dry Beans and Peas

This delicious recipe mixes together black-eyed peas, savory smoked turkey ham, fresh vegetables, and a secret ingredient, kale, to make up this warm, winter-wonder soup!

Confetti Soup

BURKE MIDDLE AND HIGH SCHOOL
Charleston, South Carolina

Our Story

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!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
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CHEF
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COMMUNITY MEMBERS
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STUDENTS
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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 ⅞" x 17 ⅜" 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	
*Fresh carrots, 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.
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 (⅔ No. 10 can) OR 2 qt	5 lb 10 oz OR 5 lb 10 oz	3 qt 1 cup (1 ⅓ 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 ¼ 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		⅓ cup		⅔ 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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Soups H-09r

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 : **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.*	25 Servings: about 12 lb 50 Servings: about 23 lb	25 Servings: about 1 gallon 2 quarts 50 Servings: about 3 gallons

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 (151.67 RAE)	Sodium	487.58 mg
Total Fat	2.83 g	Vitamin C	4.22 mg	Dietary Fiber	2.55 mg