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. The school strives to help each student reach his/her individual potential while achieving measurable success in the classroom.

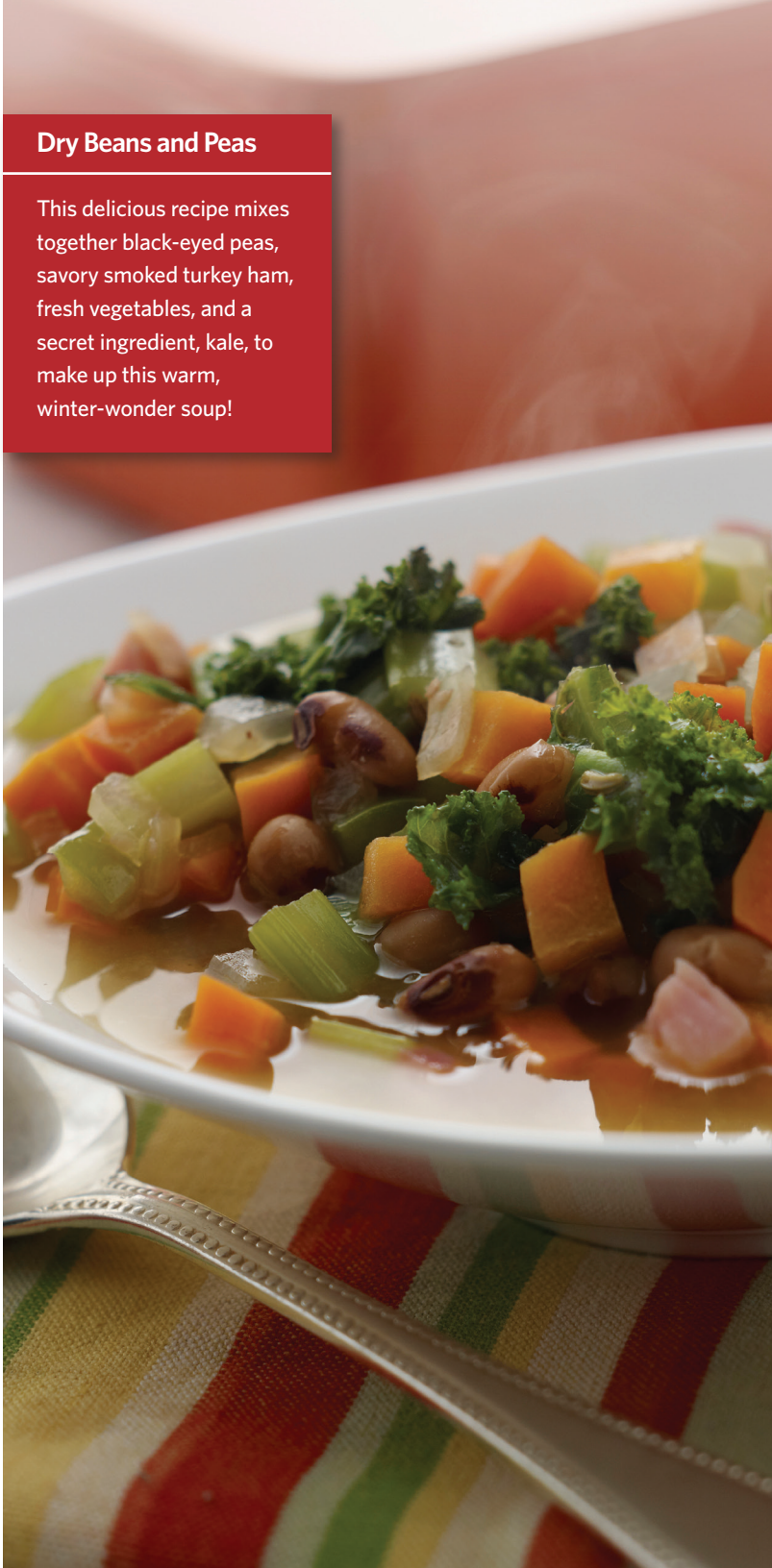
This recipe challenge team formed a dynamic group with a local restaurant chef as their lead. The chef invited the team members to his restaurant to begin developing recipes for the competition. They worked to perfect the recipes and later prepared the recipes for the students to try. All of their hard work resulted in Confetti Soup. This isn't your everyday soup—your kids will surely be asking for more!

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.

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

Ingredients

1 ¾ tsp Canola oil

¾ cup Fresh onions, peeled, diced

¾ cup Fresh celery, diced

¾ cup Fresh carrots, peeled, diced

½ tsp Salt

½ tsp Ground black pepper

¼ tsp Whole fennel seed

⅛ tsp Crushed red pepper (optional)

1 ½ cups Canned low-sodium black-eyed peas, drained, rinsed

3 ½ cups Water

1 cup Extra-lean turkey ham, diced ¼" (6 oz)

⅓ cup Fresh kale, coarsely chopped

1 ½ Tbsp Fresh parsley, chopped

Preparation Time: 20 minutes
Cooking Time: 40 minutes
Makes six 1-cup servings

Directions

1. In a large pot, heat oil over medium-high heat. Add onions and celery. Cook for 2-3 minutes or until tender. Add carrots, salt, pepper, fennel seed, and optional crushed red pepper. Cook for an additional 2-3 minutes.

2. Add black-eyed peas and water. Cook uncovered for 25 minutes over medium heat.

3. Add turkey ham and kale. Cook covered for an additional 10 minutes over medium heat until kale is tender.

4. Add parsley right before serving. Serve hot.

1 cup 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.

Nutrients Per Serving: Calories **94,** Protein **8 g,** Carbohydrate **10 g,** Dietary Fiber **3 g,** Total Fat **3 g,** Saturated Fat **< 1 g,** Cholesterol **18 mg,** Vitamin A **3033 IU (152 RAE),** Vitamin C **4 mg,** Iron **1 mg,** Calcium **35 mg,** Sodium **488 mg**