

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!





Dry Beans and Peas

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

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| Ingredients | 50 Servings | | 100 Servings | | Directions Process #2: Same Day Service |
|--------------------------------------------------------------------------------------------------|--------------------------------|--------------------------------------------------|--------------------------------|------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | Weight | Measure | Weight | Measure | |
| Canola oil | | ¼ cup 1 Tbsp | | ½ cup 2 Tbsp | 1. Heat oil in a 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 | 1 lb 14 oz | 1 qt 2 cups | 3 lb 12 oz | 3 qt | |
| *Fresh celery, diced | 1 lb 14 oz | 1 qt 2 cups | 3 lb 12 oz | 3 qt | 2. Add carrots, salt, pepper, fennel, and crushed red pepper (optional). Sauté for an additional 2-3 minutes. |
| *Fresh carrots, diced | 1 lb 14 oz | 1 qt 2 cups | 3 lb 12 oz | 3 qt | |
| Salt | | 1 Tbsp 1 tsp | | 2 Tbsp 2 tsp | |
| Ground black pepper | | 1 Tbsp 1 tsp | | 2 Tbsp 2 tsp | |
| Fennel seed, whole | | 2 tsp | | 1 Tbsp 2 tsp | |
| Crushed red pepper (optional) | | 1 tsp | | 2 tsp | |
| Canned low-sodium black-eyed peas, drained, rinsed OR Frozen black-eyed peas (See Notes Section) | 5 lb 10 oz OR 5 lb 10 oz | 3 qt 1 cup (1 1/3 No. 10 cans) OR 1 gal | 11 lb 4 oz OR 11 lb 4 oz | 1 gal 2 1/2 qt (2 2/3 No. 10 cans) OR 2 gal | 3. Add peas and water. Cook uncovered over medium heat for 20-25 minutes. |
| Water | | 1 gal 3 qt | | 3 gal 2 qt | |
| Turkey Ham, extra-lean, diced 1/4" | 3 lb | 1 qt 2 1/2 cups | 6 lb | 3 qt 1 cup | 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 | 4 oz | 2 1/2 cups | 8 oz | 1 qt 1 cup | 5. Critical Control Point: Hold for hot service at 135 °F or higher. Add parsley immediately before serving. |
| *Fresh parsley, finely chopped | | 2/3 cup | | 1 1/3 cups | |
| | | | | | 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. |

| Marketing Guide | | |
|-----------------------|-------------|--------------|
| Food as Purchased for | 50 Servings | 100 Servings |
| Mature Onions | 2 lb 4 oz | 4 lb 8 oz |
| Celery | 2 lb 4 oz | 4 lb 8 oz |
| Carrots | 2 lb 4 oz | 4 lb 8 oz |
| Kale | 5 oz | 10 oz |
| Parsley | 1 ½ oz | 3 oz |

| Serving | Yield | Volume |
|----------------------------------------------------------------------------------------------------------------------------|------------------------------|----------------------------------------------|
| 1 cup (8 fl oz ladle) provides : | 50 Servings: about 23 lb | 50 Servings: about 3 gallons |
| Legume as Meat Alternate: 1 ½ oz equivalent meat/meat alternate and ¼ cup other vegetable. | 100 Servings: about 44 lb | 100 Servings: about 5 gallons 2 quarts |
| 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> | | |

| 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 | | |