

# Confetti Soup

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

Soups H-09r

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 ½ No. 10 cans) OR 1 gal	11 lb 4 oz OR 11 lb 4 oz	1 gal 2 ½ qt (2 ¾ 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 ¼"	3 lb	1 qt 2 ½ 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 ½ cups	8 oz	1 qt 1 cup	
*Fresh parsley, finely chopped		¾ cup		1 ½ cups	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 :	50 Servings: about 23 lb	50 Servings: about 3 gallons
<b>Legume as Meat Alternate:</b> 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		
<b>Legume as Vegetable:</b> 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	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

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		