



Confetti Soup

Makes: 6 Servings

Prep time: 20 minutes

Cook time: 40 minutes

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!



Ingredients

1 3/4 teaspoons canola oil
3/4 cup Fresh onions, peeled, diced
3/4 cup Fresh celery, diced
3/4 cup Fresh carrots, peeled, diced
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/4 teaspoon Whole fennel seed
1/8 teaspoon crushed red pepper (optional)
1 1/2 cups Canned low-sodium black-eyed peas, drained, rinsed
3 1/2 cups water
1 cup Extra-lean turkey ham, diced 1/4" (6 oz)
1/3 cup Fresh kale, coarsely chopped
1 1/2 tablespoons Fresh parsley, chopped

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.

Notes

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!

Burke Middle and High School

Charleston, South Carolina

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.

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

Source: Recipe for Healthy Kids Cookbook for Homes

Nutrition Information

| Nutrients | Amount |
|---------------------------|---------------|
| Calories | 94 |
| Total Fat | 3 g |
| Saturated Fat | 0 g |
| Cholesterol | 18 mg |
| Sodium | 488 mg |
| Total Carbohydrate | 10 g |
| Dietary Fiber | 3 g |
| Total Sugars | 2 g |
| Added Sugars included | N/A |
| Protein | 8 g |
| Vitamin D | 1 IU |
| Calcium | 35 mg |
| Iron | 1 mg |
| Potassium | 273 mg |

N/A - data is not available

MyPlate Food Groups

| | |
|---|--------------|
|  Vegetables | 1/4 cup |
|  Protein Foods | 1 1/2 ounces |

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