

# Split Pea Soup

Meal Components: Vegetable, Grains, Meat / Meat Alternate

Soups & Stews, H-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	2 oz	1/4 cup	4 oz	1/2 cup	<ol style="list-style-type: none"> <li>In a heavy pot, melt margarine or butter. Add onions. Saute onions until soft and slightly browned, about 2-3 minutes.</li> <li>Add water to onions and bring to a boil.</li> <li>Add peas, celery, carrots, bay leaves, salt, and pepper. Bring to a boil.</li> <li>Reduce heat. Simmer, covered, until peas are</li> </ol>
*Fresh onions, chopped	2 oz	1/3 cup	4 oz	2/3 cup	
OR		OR		OR	
Dehydrated onions		3 Tbsp		1/4 cup 2 Tbsp	
Water		2 qt		1 gal	
Dry split green peas	1 lb 3 oz	2 3/4 cups	2 lb 6 oz	1 qt 1 1/2 cups	
*Fresh celery, 1/4" diced	12 oz	2 3/4 cups 2 Tbsp	1 lb 8 oz	1 qt 1 3/4 cups	
*Fresh carrots, 1/2" diced	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	
Dried bay leaf		1 each		2 each	
Salt		2 Tbsp	2 5/8 oz	1/4 cup	
Ground black or white pepper		1/2 tsp		1 tsp	

Dried marjoram	1/8 tsp	1/4 tsp	5. Add marjoram, thyme, and hot milk. Stir to blend. CCP: heat to 140° F or higher.
Dried thyme	1/2 tsp	1 tsp	
Lowfat 1% milk, hot	2 cups	1 qt	
Enriched white bread, (at least 0.9 oz each), toasted, and cut into fourths	7 slices (28 1/4 pieces)	13 slices (52 1/4 pieces)	6. Remove bay leaves. CCP: Hold for hot service at 140° F or warmer. Portion with 4 oz ladle (1/2 cup). Place 1/4 slice of toasted bread on top.

### Notes

\*See Marketing Guide

### Marketing Guide

Food as Purchased for	25 Servings	25 Servings
Mature onions	3 oz	6 oz
Celery	15 oz	1 lb 14 oz
Carrots	15 oz	1 lb 14 oz

Serving	Yield	Volume
1/2 cup (4 oz ladle) of soup with 1/4 slice of toast provides 1/4 cup of cooked split peas or the equivalent of 1 oz cooked lean meat, 1/8 cup of vegetable, and 1/4 slice of bread	<b>25 Servings:</b> 6 lb 8 oz	<b>25 Servings:</b> 3 quarts 1/2 cup
	<b>50 Servings:</b> 13 lb	<b>50 Servings:</b> about 1 gallon 2 1/4 quarts

Nutrients Per Serving					
Calories	114	Saturated Fat	1 g	Iron	1 mg
Protein	6 g	Cholesterol	1 mg	Calcium	51 mg
Carbohydrate	18 g	Vitamin A	3174 IU	Sodium	644 mg
Total Fat	3 g	Vitamin C	2 mg	Dietary Fiber	5 g