

Split Pea Soup

Meat Alternate-Vegetable-Grains/Breads

Soups

H-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter		1/4 cup	4 oz	1/2 cup	1. In a stock pot, saute onions in margarine or butter until soft and slightly browned, approximately 2 to 3 minutes.
*Onions, minced OR		1/2 cup	4 oz	1 cup	
Dehydrated onion flakes		2 tsp		1 Tbsp 1 tsp	2. Add water to onions and bring to a boil.
Water		3 qt		1 gal 2 qt	
Dry split green peas	1 lb 3 oz	2 3/4 cups	2 lb 6 oz	1 qt 1 1/2 cups	3. Add peas, celery, carrots, bay leaves, salt, and pepper. Bring to a boil.
*Fresh celery, 1/4" dice	12 oz	2 1/2 cups	1 lb 8 oz	1 qt 1 cup	4. Reduce heat. Simmer, covered, until peas are soft, about 50 minutes.
*Fresh carrots, 1/2" dice	12 oz	2 1/2 cups	1 lb 8 oz	1 qt 1 cup	
Dry bay leaves		1 each		2 each	CCP Heat to 140 degrees F or higher.
Salt		2 Tbsp		1/4 cup	
Black pepper		1/2 tsp		1 tsp	5. Add marjoram, thyme, and hot milk. Stir to blend.
Ground marjoram		1/8 tsp		1/4 tsp	
Ground thyme		1/2 tsp		1 tsp	6. CCP Hold for hot service at 140 degrees F or higher.
Lowfat milk, hot		2 cups		1 qt	
White bread, toasted	7 oz	7 slices	13 oz	13 slices	Serve with a 4-oz ladle. Place 1/4 slice of toasted bread on top.
*See Marketing Guide					

Marketing Guide		
Food as Purchased	For 25 Svgs	For 50 Svgs
Onions	2 1/2 oz	5 oz
Celery	14 oz	1 lb 12 oz
Carrots	1 lb 1 oz	2 lb 2 oz

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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, 1/8 cup of vegetable, and 1/4 slice of bread	25 Servings: 3 qt 1/2 cup 50 Servings: 1 gal 2 qt 1 cup	25 Servings: 50 Servings:

Nutrients Per Serving			
Calories	103	Saturated Fat	.6 g
Protein	7 g	Cholesterol	1 mg
Carbohydrate	20 g	Vitamin A	384 RE/3612 IU
Total Fat	2.7 g	Vitamin C	2 mg
		Iron	1.4 mg
		Calcium	59 mg
		Sodium	660 mg
		Dietary Fiber	6 g