

SPLIT PEA SOUP WITH HAM

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
150 cal	24 g	11 g	1 g	5 mg	585 mg	30 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
PEAS,SPLIT,DRY	7-7/8 lbs	1 gal 1/2 qts	
PORK,HAM,CURED,CHOPPED	2 lbs		
WATER,COLD	25-1/8 lbs	3 gal	
HAM BROTH (FROM MIX)		4 gal	
ONIONS,FRESH,GRATED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
CARROTS,FRESH,GRATED	1-1/8 lbs	1 qts 5/8 cup	1-3/8 lbs
BAY LEAF,WHOLE,DRIED	1/8 oz	4 each	
SUGAR,GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/8 tsp	

Method

- 1 Pick over peas, removing any foreign matter. Wash thoroughly in cold water.
- 2 Cover peas with water. Bring to a boil.
- 3 Prepare broth according to package directions. Add broth, ham, onions, carrots, bay leaves, sugar and pepper to peas.
- 4 Bring soup mixture to a boil, reduce heat; simmer gently about 2-1/2 hours or until peas are mushy. Remove bay leaves.
- 5 Whip until mixture is smooth. Add boiling water, if needed, for a thinner consistency. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.