

Yellow Pea Soup

BY **CHEF VINCENT "VIN" CONNELLY**, KITCHEN MANAGER, CAMBRIDGE RINDGE AND LATIN SCHOOL

Yellow split peas are milder in flavor than green peas, making it more popular with students.

- 1 cup vegetable oil
- 1 cup minced garlic
- 4¾ cups peeled and diced Spanish onions (about 2 pounds or 6 large)
- 4 cups peeled and diced carrots (1½ pounds or 12 medium)
- 10½ cups diced celery—be sure to include the leaves (about 3½ pounds or 2 bunches)
- 6 tablespoons curry powder, more to taste
- 2 tablespoons cumin
- 5 gallons of water
- 10 pounds yellow split peas
- 1 tablespoon black pepper
- 1 tablespoons kosher salt, to taste

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1½ CUPS

Heat the oil in a large pot over medium heat. Add the garlic and cook for 30 seconds.

Add the onions, carrots, and celery. Sprinkle the ingredients with kosher salt. Cover the pot and sauté the vegetables for 15 minutes, stirring occasionally.

Stir in the curry powder and cumin. Cook for 2 minutes. Raise the heat to high. Add 2 gallons of the water and bring to a boil.

Reduce the heat and simmer for 15 minutes.

Raise the heat to high and stir in the peas and the remaining 3 gallons of water. Cover the pot, and bring the soup to a boil.

Reduce the heat and simmer the soup until the peas are tender, approximately 1 hour and stirring occasionally. If the soup seems too thick, add water.

Season the soup with kosher salt and black pepper.

NUTRITIONAL INFORMATION

CALORIES: 186; SODIUM: 98.09 MG; SATURATED FAT: 1.86%

USDA REQUIREMENTS MET

½ CUP LEGUME VEGETABLE

OR

2 OUNCES M/MA