



Southern Black-Eyed Peas

This is a flavorful southern dish that can be served as an entrée or as a side dish. Black-eyed peas are sometimes eaten on New Year's Day because they are believed to bring wealth and luck to those who eat them. The leaves of the plant can be harvested and cooked as well.

Makes: 6 servings **Prep time:** 5 minutes
Cook time: 15 minutes

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INGREDIENTS

- 2 tablespoons** turkey bacon, cured, chopped (about 1 slice)
- 2 cups** black-eyed peas, low sodium, canned, drained, and rinsed; *or* black-eyed peas, dry, cooked (about 12½ oz)
- ½ cup** water
- ½ teaspoon** garlic powder
- ¼ teaspoon** onion powder
- 1 teaspoon** sugar, granulated
- ¼ teaspoon** salt, table
- ⅛ teaspoon** black pepper, ground
- ⅛ teaspoon** liquid smoke, hickory flavor recommended (optional)

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DIRECTIONS

- 1.** Heat a small stockpot on medium heat.
- 2.** Add bacon, and cook for 3–4 minutes, until lightly brown.
- 3.** Add the remaining ingredients, and bring to a boil. Reduce heat to medium, and simmer uncovered for 8–10 minutes until black-eyed peas have thickened. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
- 4.** Serve ¼ cup.

Critical Control Point: Hold at 140 °F or higher.

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NUTRITION INFORMATION

For ¼ cup.

Nutrients	Amount
Calories	89
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Total Fat	1 g
Saturated Fat	0 g
Cholesterol	2 mg
Sodium	135 mg
Total Carbohydrate	15 g
Dietary Fiber	4 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	6 g
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Vitamin D	N/A
Calcium	15 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teamnutrition.usda.gov>

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CACFP CREDITING INFORMATION

¼ cup provides legume as meat alternate: ½ oz equivalent meat alternate; or legume as vegetable: ¼ cup vegetable.

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CHEF TIPS

Tips for Soaking Dry Beans

1 lb dry black-eyed peas = about 2¾ cups dry or 7 cups cooked black-eyed peas.

Overnight Method: Add 1¾ qts cold water to every 1 lb of dry beans. Cover, and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1¾ qts of water for each 1 lb of dry beans. Add beans, and boil for 2 minutes. Remove from heat, and allow to soak for 1 hour. Discard the water. Proceed with recipe.

Tips for Cooking Dry Beans

Once the beans have been soaked, add 1¾ qts of water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use cooked beans immediately.