



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. They are a staple crop in the southeast region of the United States. In addition to providing the peas, the leaves of the plant can be harvested and cooked as well.

CACFP CREDITING INFORMATION

¼ cup (No. 16 scoop) provides Legume as Meat Alternate: ½ oz meat alternate or Legume as Vegetable: ¼ cup vegetable.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Turkey bacon, cured, chopped	2 oz (4 slices)	½ cup	4 oz (8 slices)	1 cup	1 Heat a large stockpot over medium heat and cook bacon for 3–4 minutes, until lightly brown. 2 Add the remaining ingredients and bring to a boil. Reduce heat to medium and simmer uncovered until black-eyed peas have thickened. For 25 servings, simmer for 20 minutes. For 50 servings, simmer for 30 minutes. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
*Black-eyed peas, low-sodium, canned, drained, and rinsed or black-eyed peas, dry, cooked	3 lb 5 oz	2 qt ½ cup (² / ₃ No. 10 can)	6 lb 10 oz	1 gal 1 cup (1¼ No. 10 can)	
Water		2 cup		1 qt	
Garlic powder		2 tsp		1 Tbsp 1 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Onion powder		1 tsp		2 tsp	
Sugar, granulated		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt, table		1 tsp		2 tsp	
Black pepper, ground		½ tsp		2 tsp	
(Optional) Liquid smoke, hickory flavor recommended		½ tsp		1 tsp	
					<p>3 Serve ¼ cup (No. 16 scoop).</p> <p>Critical Control Point: Hold at 140 °F or higher.</p>



NUTRITION INFORMATION

For ¼ cup (No.16 scoop).

NUTRIENTS	AMOUNT
Calories	89
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
Vitamin D	N/A
Calcium	15 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Dry black-eyed peas	1 lb 6 oz	2 lb 12 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Tips for Soaking Dry Beans

1 lb dry black-eyed peas = about 2¾ cups dry or 6¼ cups cooked black-eyed peas.

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

Quick-Soak Method: Boil 1¾ qt 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 qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.

Critical Control Point

Hold for hot service at 140 °F or higher or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

YIELD/VOLUME

25 Servings	50 Servings
3½ lb 1 qt 2¼ cup	7 lb 3 qt ½ cup

