

Black-Eyed Peas



Key Points

- Before preparing dried beans, sort through for tiny pebbles or shriveled beans.
- Dried beans need to be soaked before they are cooked.
- The best way to soak dried beans is to cover them in cold water and bring to a gentle boil, turn off the heat and allow beans to soak in the water for 1-2 hours. *Do not add salt to the soaking water. Drain water and rinse with fresh water.
- To cook beans, cover with fresh water and simmer for 1-2 hours. Do not let beans dry out, beans should always be covered with water.



Black-Eyed Pea and Celery Salad

Ingredients:

2 tablespoons vegetable oil
3 tablespoons lemon juice
1/4 cup chopped onion
2 garlic cloves, minced
1/2 teaspoon dried oregano or Italian seasoning
3 cups cooked black-eyed peas
2 celery stalks, chopped
1 bell pepper, finely chopped
1/4 cup chopped parsley
1 teaspoon hot sauce (optional)
Salt and pepper, to taste

Directions:

1. Combine all ingredients in a large bowl.
2. Add salt and pepper to taste.
3. Chill.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 8 servings.

Southern Style Black-Eyed Peas and Rice

Ingredients:

2 tablespoons vegetable oil
1 onion, chopped
1 garlic clove, minced
1 1/2 cups chopped tomatoes
1/2 teaspoon dried basil or Italian seasoning
1/4 teaspoon dried thyme (optional)
2 cups cooked brown or white rice
1 3/4 cups cooked black-eyed peas
Salt and pepper, to taste

Directions:

1. In a large pan, heat oil over medium heat. Add onion and garlic and cook for 3 minutes or until soft.
2. Stir in tomatoes, basil, thyme, rice and black-eyed peas.
3. Cover and simmer for 15 minutes.
4. Add salt and pepper to taste.
5. Serve and enjoy!
6. Refrigerate leftovers.

Makes 6 servings.

Quick Tips

- One pound dried beans (2 cups) equals 5 to 6 cups cooked beans.
- Beans are an inexpensive source of protein and fiber.
- Dried beans can be kept in an airtight container for a year.
- Remember to rinse all fruits and vegetables before using.



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