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

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

½ teaspoon black pepper, ground

⅛ teaspoon liquid smoke, hickory flavor recommended (optional)

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.
**NUTRITION INFORMATION**

For ¼ cup.

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>89</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>2 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>135 mg</td>
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<tr>
<td>Total Carbohydrate</td>
<td>15 g</td>
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<tr>
<td>Dietary Fiber</td>
<td>4 g</td>
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<tr>
<td>Total Sugars</td>
<td>2 g</td>
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<tr>
<td>Added Sugars</td>
<td>N/A</td>
</tr>
<tr>
<td>Protein</td>
<td>6 g</td>
</tr>
</tbody>
</table>

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.