

Black-Eyed Peas and Rice

Rating: ★★★★★

Makes: 6 Servings

Black-eyed peas are great when added to rice and served as a side dish or vegetarian meal.

Ingredients

- 3/4 cup** water
- 1** onion (chopped)
- 2** celery stalks
- 2 cloves** garlic (chopped)
- 1/4 teaspoon** black pepper
- 3 cups** black-eyed peas, dry
- 4 cups** rice (cooked)
- 1** bell pepper (chopped)
- 1/2 teaspoon** hot pepper sauce

Directions

1. In a large pan, bring the water, onion, celery, garlic, and pepper to a boil, stirring often.
2. Add the black-eyed peas and return to a boil, stirring often.
3. Reduce heat to low, cover, and continue cooking. Stir from time to time, until peas are tender and most of the water is gone, about 20 minutes.
4. Add rice, pepper, and pepper sauce. Stirring often, cook until heated through, about 5 minutes.
5. Serve warm.

Recipe adapted from food.com.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	240	
Total Fat	1 g	
Protein	6 g	
Carbohydrates	52 g	
Dietary Fiber	6 g	
Saturated Fat	NA	
Sodium	160 mg	