



all about Black-Eyed Peas

Black-eyed peas are proposed to bring luck to whomever eats them



Let's Get Cooking!

While they have "pea" in its name, did you know black-eyed peas are beans? They are extremely versatile and can be added to many different recipes. Black-eyed peas are a great source of protein and fiber which will help keep you full!



Cowboy Caviar

Total time: 15 min Servings: 6-8

Ingredients:

- 1 (15 oz) can black-eyed peas, rinsed and drained
- 1 (15 oz) can black beans, rinsed and drained
- 3 Roma tomatoes, diced
- ½ of a red onion, diced
- 1 ½ cup of frozen corn or 1 can of corn, drained
- 1 bell pepper, any color diced
- 1 cup chopped cilantro
- 2 avocados, diced (optional)
- Juice of 2 limes
- ¼ cup olive oil
- 1 tsp chili powder
- Salt and pepper to taste

In a large bowl, mix lime juice, olive oil, salt and pepper, and chili powder to make a dressing OR use ½ cup of Italian or vinaigrette dressing. Add black-eyed peas, black beans, tomatoes, red onion, corn, bell pepper, cilantro and jalapeno if using. Stir to combine. Cover and chill until ready to serve. Top with avocado if desired. Serve with chips to dip, as taco filling, or on its own!

Black-eyed Pea Soup

Total time: 60 min Servings: 6-8

Ingredients:

- 1 tbsp of olive oil
- 1 yellow onion, 1 celery stalk, and 2 carrots diced
- 1 garlic clove, minced
- 1 ½ cups of cooked turkey or chicken, cut in small pieces (omit if vegetarian)
- 1 lb dried black-eyed peas, soaked overnight & drained
- 6 cups of no salt added chicken or vegetable stock
- 1 ½ tbsp smoked paprika
- 1 tbsp herbs
- 1 (15 oz) can fire roasted diced tomatoes
- 2 cups of kale or collard greens, torn in small pieces
- Salt and pepper to taste

Sauté onion, celery, and carrots in olive oil over medium heat in a large pot for 10 minutes, until onions are soft. Season with salt and pepper. Add garlic and protein of choice. Add the black-eyed peas, chicken/vegetable stock, paprika, herbs, and tomatoes. Stir and bring to a boil. Cover and cook on medium heat for 45 min - 1 hour, Add water if needed to keep black-eyed peas submerged. Stir occasionally. Add kale/greens.

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How to Prepare



1. Place black-eyed peas in a bowl. Cover with cold water by 4 inches and soak overnight in the refrigerator.
2. Drain and place in a medium saucepan. Add broth or water and bring to a boil. Reduce heat, partially cover, and simmer for 30–40 minutes until beans are tender.
3. Drain and add soups, salads, dips, or salsas!

Simple Swaps

Easily add black-eyed peas to your favorite dishes.

Try substituting black-eyed peas for green peas or corn for added protein and fiber	Corn or green peas	Black-eyed peas
Top any salad with black-eyed peas for a new texture and flavor that's lower in fat instead of bacon bits	Bacon bits	Black-eyed peas
Try incorporating black-eyed peas into any soup or stew instead of pasta for more fiber	Pasta	Black-eyed peas

How to Store

Pantry

Dried black-eyed peas should be sealed in a cool, dark pantry in an airtight bag or container. When sealed properly dried black-eyed peas can last for up to 1 year. Canned black-eyed peas will stay safe up to 3 years.

Refrigerator

Black-eyed peas that are already cooked should be allowed to cool then stored in an airtight container in the fridge for 3 to 5 days.

Freezer

Cooked dried black-eyed peas can be frozen in a re-sealable freezer safe bag. Frozen cooked beans will last for about 6 months.