

Quick Black-Eyed Peas

Tasty bacon and frozen black-eyed peas are the star ingredients in this recipe. Add a little chipotle pepper and sauce, cayenne pepper, or jalapeños if you prefer some additional heat.

Makes: 6 servings

Ingredients

- 4 slices bacon, chopped
- ½ cup chopped onions
- 2 cups black-eyed peas, frozen (about 1 pound)
- 2 cups water
- ¼ teaspoon black pepper
- 1 tablespoon sugar



Directions

1. Over medium high heat, cook bacon and onions for 3-4 minutes.
2. Add the rest of the ingredients and bring to a boil.
3. Reduce heat to simmer and cook until the peas are tender, about 30 minutes.

Recipe from: *Cooking Demo II*, Food and Health Communications, Inc., adapted by the USDA Food and Nutrition Administration.

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