

Curried Black Eyed Peas

Yield: 18 Servings



| Ingredients | Measure | Directions |
|--|---------|---|
| Black Eyed Peas, Canned | 1, #10 | 1. Preheat oven to 375 degrees. 2. In a half pan place onions and peppers and stir in oil. 3. Cook in oven for 8-10 minutes until onions are tender. 4. Remove from oven and add in drained peas and broth. 5. Cover with foil and return to oven for 20-25 minutes. 6. Remove from oven, take ½ cup of broth from pan and whisk with 3 Tbsp of cornstarch or flour. 7. Stir mixture back into the peas to thicken. Re-cover with foil and return to the oven for an additional 8-10 minutes until thickened. |
| Thai Style Broth (Passport By Custom Culinary Thai-Style Vegetable Broth #6552) | 3 cups | |
| Cornstarch or Flour | 3 Tbsp | |
| Oil | 2 Tbsp | |
| Red Bell Peppers, diced | 1 cup | |
| Onions, diced | 1 cup | |
| | | |

| Serving Size | 1 Serving Provides | Yield |
|----------------------------|--------------------|-------------|
| 1 serving = 2, #12 dippers | ½ cup vegetable | 18 servings |

| Nutrients Per Serving | | | | | |
|-----------------------|------|---------------|-------|---------------|--------|
| Calories | 160 | Saturated Fat | 1 g | Iron | 2 mg |
| Protein | 7 g | Cholesterol | 0 mg | Calcium | 60 mg |
| Carbohydrate | 27 g | Vitamin A | 18 IU | Sodium | 758 mg |
| Total Fat | 2 g | Vitamin C | 60 mg | Dietary Fiber | 6 g |