

Cajun Style Black-eyed Peas

Ingredients: (per pound of peas)

16oz pkg	Garden Fresh Black-eyed Peas
3 cup	water
1 cup	white onion (finely chopped)
1/2 cup	bell pepper (finely chopped)
1 cup	celery (finely chopped)
1	bay leaf
1 tsp	salt
1/2 tsp	ground red pepper
1 clove	garlic (minced)

Directions:

If using dried peas, rinse and let Soak overnight.

In a large saucepan over high heat, bring the peas and water to a boil. Reduce heat to medium and add the onion, bell pepper and celery; cover and cook for 30min, stirring often. Reduce heat to simmer and stir in all the remaining ingredients. Continue cooking, covered, for 30 minutes longer. Remove bay leaf and serve.

Recipe Source:

Enola Prudhommes Low-Calorie Cajun Cooking