

Baked Black-Eyed Peas

Makes 10 servings | Protein • Vegetables

Ingredients

- 2 15-ounce cans black-eyed peas, drained
- $\frac{2}{3}$ cup onion, chopped
- 4 Tablespoons brown sugar
- 4 Tablespoons ketchup
- 2 teaspoons dry mustard
- $\frac{1}{2}$ cup water
- Black pepper to taste
- Aluminum foil
- Nonstick spray

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 300°F.
3. Spray a 9x13-inch baking pan with nonstick spray.
4. Place onion in the bottom of the baking pan.
5. In a bowl, mix together beans, brown sugar, ketchup, mustard, water, and black pepper.
6. Spoon bean mixture over onions and cover dish with aluminum foil.
7. Bake at 300°F for 1 hour.

Fun Fact

Black-eyed peas are actually beans and are a variety of cowpea. They are a legume and count as both a protein food and a vegetable.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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