

# BLACK-EYED PEA STEW WITH FRESH CORN AND TOMATOES

Serving: 1/4 cup

## Main and Vegetable

Created by SchoolFood in NYC and also used in the Berkeley, California system, this recipe is healthy, tasty and easy to prepare.

INGREDIENTS	50 SERVINGS	100 SERVINGS	DIRECTIONS
*Corn	1-1/2 doz About 2-1/2 lbs kernels or 2 qts 3/4 cups kernels	3 doz ear About 5 lbs kernels or 4 qts 1-1/2 cups kernels	<ol style="list-style-type: none"> <li>Shuck corn, if it is not shucked already. Stand each ear on its short end in a bowl. Remove kernels by cutting downwards with a sharp knife right into a bowl in about 4 strokes. Discard cobs. Set aside kernels.</li> <li>Remove tops or core tomatoes. Dice/chop by hand or in the food processor or buffalo chopper. Set aside with corn.</li> <li>Cut peppers in half lengthwise. Remove top and seeds with hands. Cut half, lengthwise. Then cut into strips lengthwise, turn, and cut across into dice.</li> <li>Heat oil in a large pot over medium heat.</li> <li>Add onions, garlic, peppers, and cook, stirring occasionally, until onions are translucent, about 5 minutes. Do not brown.</li> <li>Add cumin and cook for about 1 minute, stirring constantly.</li> <li>Stir in the corn, tomatoes, black-eyed peas. Cook over medium heat for about 15 minutes to marry the flavors.</li> </ol> <p>CCP: Heat to 165°F or higher.</p> <ol style="list-style-type: none"> <li>Season with salt, pepper.</li> <li>CCP: Hold for hot service at 140°F or higher.</li> </ol>
*Tomatoes	1 lb	2 lbs	
*Peppers, bell	1 (8 oz)	2 (1 lb)	
Oil, preferably olive	2 Tbsp	1/4 cup	
*Onion, Spanish, diced	1	2	
*Garlic, fresh, minced	1-1/2 Tbsp About 4-5 cloves	3 Tbsp About 9 cloves	
Cumin, ground	3/4 tsp	1-1/2 tsp	
Black-eyed peas, drained and rinsed	54 oz (1/2 #10 can)	108 oz (1 # 10 can)	
Salt	1 tsp	2 tsp	
Pepper, black or Southwest seasoning	1/2 tsp or more to taste	1 tsp or more to taste	

\* MA farm products needed for recipe. For ordering, see page 19.

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### Preparation Tips:

- **Corn:** Remove outer husk and silk from corn, or use already shucked or leftover corn-on-the-cob. *To remove silk*, if needed, run your hand down each ear. *To remove kernels*, point the end of the ear away from you. With a sharp knife, shave off the kernels, away from you—right into a bowl. *Note that leftover corn on the cob is great in this dish.*
- **Tomatoes:** *To dice by hand*, first remove core with knife, tomato corer or slice it off. Slice tomatoes. Lay slices on top of each other, cut in one direction, and then in the opposite direction. Alternatively, *to coarsely chop in a machine*, core and cut them into quarters, then pulse briefly in the food processor. (Do not over fill the processor.) Or, if they are not very soft, they can be cored, halved and coarsely chopped in the buffalo chopper. (Some cooks like to halve tomatoes and remove seeds before cutting.)
- **Peppers, bell:** *To dice*, first cut in half lengthwise. Remove top and seeds with hands. Cut half, lengthwise. Then cut into strips lengthwise, turn, cut across into dice.
- **Onions:** *To dice*, try this traditional technique for a small dice. Cut whole onion in half, point to point through root end to top of onion. Peel and lay flat side down. Slice. With your knife parallel to the board, slice 2-5 times, towards BUT NOT THROUGH the root end. (Number will depend on size of onion.) Then cut across the onion towards the cutting board 2-5 times. Once again, avoid cutting through the root end. Finally, cut across onion into a dice. (For more information, see page 16.)
- **Garlic:** *For an alternative to fresh garlic*, use whole peeled cloves or minced garlic in oil. *To use fresh garlic*, pull cloves from garlic bulb. (If the bulb is too tight, wrap in towel and whack on counter to loosen.) *To remove skins*, crush cloves with the flat of a large knife, then peel. *To mince*, use a food processor or mince by hand. , crush cloves with the flat of knife. Mince, keeping the point of the knife on the counter and rotating as you chop.

### NUTRITIONAL ANALYSIS PER SERVING

Calories	58	Vitamin A (IU)	145
Cholesterol (Mg)	0	Vitamin C (Mg)	6.08
Sodium (Mg)	149	Protein (G)	2.57
Fiber (G)	2.05	Carbohydrate (G)	10.75
Iron (Mg)	0.51	Total Fat (G)	1.09
Calcium (Mg)	8.52	Saturated Fat (G)	.17