

# Black-eyed Peas with Rice

50 Servings

A great rice and beans recipe that's super easy to make, with a southwestern flair.

Recipe created by Chefs Angel Ramos, Jorge Pineda, Joy Pierson, and Michael Marinucci of Candle Cafe for the Cool School Food Program of the New York Coalition for Healthy School Food in New York City ([www.healthyschoolfood.org](http://www.healthyschoolfood.org)).

## Ingredients:

3/4 cup oil

1 onion, diced 1/4 inch (NYS farm product)

1 pepper, green, diced 1/4 inch (NYS farm product)

1 pepper, red, diced 1/4 inch (NYS farm product)

1 #10 can salsa (NYS farm product)

5 cups water

1 teaspoon thyme, dried (NYS farm product)

1 teaspoon oregano, dried (NYS farm product)

2 tablespoons garlic, granulated

1 teaspoon pepper, black

1 teaspoon salt

3 #10 cans black-eyed peas, drained **or** 14 cups dry black eyed peas (28 cups cooked)

8 ounces broccoli, blanched (NYS farm product)

16 cups water

8 cups uncooked brown rice (4 pounds)

Suggested garnish: Chopped scallions, diced fresh tomato, chopped fresh cilantro (NYS farm products)



Photo by Lou Manna, [www.LouManna.com](http://www.LouManna.com)

**Preparation:**

1. Heat oil to medium heat and sauté onions and peppers until soft. Do not brown. Be certain to select a piece of equipment that can accommodate all of the ingredients and the entire finished product.
2. Mix in salsa, 5 cups of water and all other dry spices. Add black-eyed peas and broccoli and gently fold together.
3. Cover and simmer over medium heat for 20 to 25 minutes. Stir frequently to prevent sticking.
4. While black-eyed pea mixture is simmering, in a separate pan, bring the 4 cups of water to a boil. Add rice and reduce heat. Simmer, covered, until rice is tender and all the water is absorbed.
5. Serve black-eyed pea mixture on top of or next to rice, or gently fold rice into black-eyed pea mixture. Place in covered 2" deep pans in holding unit for service.

**HACCP:** Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures. This is a PROCESS THREE recipe.

**For one serving:**  $\frac{3}{4}$  cup bean mixture;  $\frac{1}{2}$  cup rice

**Nutrition information:****Black Eyed Peas:**

Calories: 239  
Total fat: 3.9g  
Saturated fat: 0.0g  
Trans fat: 0.0g  
Protein: 6.89g  
Sodium: 278mg  
Cholesterol: 0 mg

**Rice:**

Calories: 116  
Total fat: 0.1g  
Saturated fat: 0.0g  
Trans fat: 0.0g  
Protein: 1.3g  
Sodium: 2mg  
Cholesterol: 0 mg

**Contributes to NSLP meal pattern:**

2 M/MA,  $\frac{1}{4}$  cup Vegetable,  $\frac{1}{2}$  cup Grain/Bread

Meets the Alliance school meals criteria for legumes, lean protein and low fat entrees and contributes to the fruit and vegetable goals for the entire school day. If made with whole grain rice, will count as whole grain.