



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Bountiful Backpack

Black-eyed Pea Skillet Dinner



Serves: 6

Serving Size: 1 ½ cups

Ingredients:

- 1 pound lean ground beef
- 1 medium onion, chopped
- 1 medium green pepper, chopped
- 2 cans (15 ounces) black-eyed peas, drained
- 1 can (14.5 ounces) chopped tomatoes
- ½ teaspoon salt
- ½ teaspoon pepper

Directions:

1. Wash hands.
2. In a medium size skillet, cook beef, onion and green pepper over medium heat until beef is no longer pink; drain fat.
3. Add peas, tomatoes, salt and pepper; bring to boil.
4. Reduce heat and simmer for 30 minutes, stirring often.
5. Serve.

Recipe adapted from Ohio State University Extension.

Nutrition Facts

6 servings per recipe

Serving size 1 ½ cups (341g)

Amount Per Serving

Calories **280**

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 4.5g	23%
Trans Fat 0.5g	
Cholesterol 50mg	17%
Sodium 1100mg	48%
Total Carbohydrate 25g	9%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 22g	44%
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 4.5mg	25%
Potassium 0mg	0%
Vitamin A	10%
Vitamin C	50%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Overnight Soak Method

Note: Make sure you use a large pot, since beans expand to double or triple their size when soaked and cooked.

1 cup dry beans makes about 3 cups cooked beans.

1. Place beans in a large pot and cover with water at least 3 inches above the beans.
2. Soak overnight. Drain the soaked beans; rinse with clean water and drain again.
3. Put beans in a pot (or keep in same one), add clean water (about 3 cups if you started with 1 cup of dry beans), bring to a boil, turn down to low, and cook slowly until tender – about 2 hours.
4. You may need to add more water during cooking. The beans are now ready to use in recipes that call for cooked or canned beans.

Note: For recipes with a long cooking time, like soups or baked beans, you can use the drained beans once they have soaked overnight, then follow directions in the recipe.

Adapted from University of Connecticut Cooperative Extension and U.S. Dry Bean Council, eatusabeans.com.