



**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.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP and this work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

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S-0010-01-Black-eye-Peas-Skillet-Dinner