

BLACK-EYED PEA CASSEROLE

NUTRITION FACTS

Serving size: 8 oz casserole, 2 oz cornbread, 1 oz cheese; Amount per serving:
Calories 234, Protein 10.5g, Carb. 18g, Fiber 2.6g, Fat 14.4g, Sodium 433mg

INGREDIENTS

- 2 T olive oil
- ¼ green pepper, diced
- 1 stalk celery, diced
- 2 cloves garlic, chopped
- 1 T Cajun seasoning
- 15 oz can black-eyed peas, drained
- 15 oz can diced tomatoes, in juice
- 1 ⅝ c water, separated
- 1 cube low sodium vegetable bouillon
- 1 ½ T corn starch
- ½ c frozen corn
- ½ c frozen peas and carrots mixture
- Store-bought cornbread
- 6 oz cheddar cheese

DIRECTIONS

1. Pre-heat oven to 350 degrees.
2. In a sauté pan, heat olive oil over medium heat.
3. Add the onion, pepper, celery and garlic, and sauté until fragrant.
4. Add Cajun seasoning and cook for 1 minute.
5. Add black-eyed peas, tomatoes with juice, water and bouillon cube, and let simmer for 5 minutes.
6. Mix cornstarch with ⅓ c water and make a slurry; add to sauté pan and cook for 10 minutes.
7. The liquid will thicken slightly over time.
8. Add frozen corn and peas and carrots, and cook for 1 minute.
9. Cut cornbread into 2-inch squares.
10. In an oven-proof bowl, place the cornbread in the center and top it with the black-eyed pea casserole and 1 oz of cheddar cheese.
11. Bake until the cheese melts.

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