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 ⅛ 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.