

## Black Eyed Peas or Pinto Beans or Black Beans

This tradition recipe from the Southern United States gets a “make-over” using spices and liquid smoke as flavorings. The traditional recipe usually contains fat and/or salty meats as ham hocks, smoked turkey, etc. Contributors: Los Angeles Healthy African American Families’ staff and friends taste tested the recipes for CNESINC.org

Amount	Measure	Ingredients	Preparation Method
1	Pound	Dry beans or dried peas	Soaked overnight*
7	Cups	Water	
1	Tablespoon	Onion powder	
1	Teaspoon	Onion powder	
½	Teaspoon	Crushed red pepper	
4	Teaspoons	Garlic powder	
3	Tablespoons	Liquid Smoke	
1	Tablespoon	Vegetable oil	
½	Teaspoon	Thyme, crushed	
½	Teaspoon	Black pepper	
½	Teaspoon	Salt	

1. Drain peas/beans if soaked overnight (if desired, instead of soaking overnight, cover peas with water; bring to a boil and let stand for 1 hour).
2. Add water and bring to a boil.
3. Add peas or beans to boiling mixture.
4. Combine vegetable oil, liquid smoke, onion powder, garlic powder, crushed red pepper, and thyme in large sauce pan. Stir ingredients over low heat. Add to boiling peas /beans.
5. Boil on low heat until desired tenderness, upwards of 1 ½ hours.

\*The “slow cooker” may also be used for the cooking procedure. Follow instructions for use of that cooking equipment.

*Yield: Five (5) ½ cup servings.*

	Calories	Sodium	Total fat	Sat. fat	Fiber
Daily Value (DV)	2,000	2400 mg	65 g	20 g	25 g
1 serving of this recipe	77	231mg (10%)	3 g (4%)	<1 g	6g (24%)

Do you have recipes that you want us to modify?  
Send it to [Mable@cnesinc.org](mailto:Mable@cnesinc.org)