

PEAS, BLACK-EYED DRY

for use in the USDA Household
Commodity Food Distribution Programs

Revised: 02/23/04

Product Description

Dried Black-eyed peas (beans) (cowpeas) are grade U.S. No. 1.

Pack/Yield

Black-eyed peas are packed in 2-pound bags. A 2-pound bag of dry black-eyed peas, after soaking and cooking will yield approximately 14 one-cup servings.

Storage

- Store dry black-eyed peas in a cool, dry place off the floor. High temperatures cause hardening of the black-eyed peas; high humidity may cause mold.
- Store cooked black-eyed peas in a covered non-metallic container and refrigerate. Use within 2 days. They can also be frozen.

Uses and Tips

Cooked black-eyed peas may be used cold in salads, in soups, casseroles, or stews, in chili, or as a vegetable side dish. They are also excellent mixed with rice.

Preparation

- Sort peas to remove foreign matter, such as small stones, and rinse in cold water.
- Soaking the beans not only makes the beans cook faster, but by discarding the soaking water gas-forming properties of the beans are lessened.
- See reverse side for soaking directions.

(See recipes on reverse side)



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Cooking

Use approximately 1¾ quarts boiling water for each pound of soaked beans to be cooked. Cook for approximately ½ hour. Add additional boiling water if beans become dry. Drain, if desired. Serve tossed with butter (or margarine) and/or seasoning, or use in recipes. One ½ teaspoon of salt per pound of beans may be added, after cooking, if desired.

Nutrition Information

- **Black-eyed peas** are low in fat, contain no cholesterol, and are low in sodium. They are high in potassium, iron, and fiber.
- ½ cup of cooked black-eyed peas counts as 1 ounce of lean meat from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

| Nutrition Facts | | | |
|--|-----|-----------|------------|
| Serving size 1 cup (172g) cooked black-eyed peas without salt | | | |
| Amount Per Serving | | | |
| Calories | 199 | Fat Cal | 8 |
| % Daily Value* | | | |
| Total Fat | .9g | | 1% |
| Saturated Fat | .2g | | 1% |
| Cholesterol | 0mg | | 0% |
| Sodium | 6mg | | 0% |
| Total Carbohydrate | 35g | | 11% |
| Dietary Fiber | 11g | | 44% |
| Sugars | 5g | | |
| Protein | 13g | | |
| Vitamin A | 0% | Vitamin C | 1% |
| Calcium | 4% | Iron | 23% |

*Percent Daily Values are based on a 2,000 calorie diet.

Directions for Soaking Black-eyed Peas

Overnight method: Add dry beans to cold water. Cover. Let stand in refrigerator overnight. Drain and discard soaking water. Replace water and cook immediately after soaking period. Longer periods of soaking are not recommended.

- **Quick soak method:** Pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to stand for 1 hour. Discard soaking water and proceed with cooking.

Black-Eyed Pea Salad

- 1 lb. dry Black-eyed peas, soaked
- 2 cloves garlic, minced (optional)
- ¼ cup minced onion
- 3 bouillon cubes
- ½ cup finely chopped onions
- ½ cup shredded carrots
- 1 cup thinly sliced celery
- ½ cup chopped green pepper
- ½ cup of your favorite salad dressing
- 4 cups chopped lettuce

1. Soak beans. Drain and discard water from soaked beans.
2. Cover with 3 quarts of water and add garlic, minced onion, and bouillon cubes. Bring to a boil, lower heat, and simmer until tender, about 30 minutes.
3. Drain and discard cooking broth. Chill beans, quickly, in refrigerator, uncovered.
4. Mix with remaining ingredients and chill once again, to blend flavors.
5. Spoon onto chopped lettuce.

Recipe provided by Idaho Bean Commission

Makes 8 1¼-cup servings over 1 cup lettuce

Nutrition Information for each serving of Black-Eyed Pea Salad:

| | | | | | | | |
|-------------------|-------|--------------------|--------|-----------|--------|---------|--------|
| Calories | 263 | Cholesterol | 0 mg | Sugar | 9 g | Calcium | 56 mg |
| Calories from Fat | 51 | Sodium | 628 mg | Protein | 12 g | Iron | 4.1 mg |
| Total Fat | 7.3 g | Total Carbohydrate | 38 g | Vitamin A | 236 RE | | |
| Saturated Fat | 1.7 g | Dietary Fiber | 11 g | Vitamin C | 17 mg | | |

Black-Eyed Pea and Rice Dressing

- 1 cup dry Black-eyed Peas
- 3 cups water
- 1 tablespoon tomato paste
- ¼ cup oil
- 1 small onion, chopped
- ½ cup celery, chopped fine
- ½ teaspoon black pepper
- 2 cups cooked rice

1. Cook beans in water until tender, about 50 minutes.
2. Drain and discard water.
3. Add remaining ingredients, except cooked rice, and simmer for 5 minutes.
4. Add cooked rice, and simmer 10 more minutes.
5. Makes an excellent stuffing for chicken or can be served as a side dish.

Recipe provided by Jeanne Elliott, New Iberia

Makes 8 ¾-cup servings

Nutrition Information for each serving of Black-Eyed Pea and Rice Dressing:

| | | | | | | | |
|-------------------|-------|--------------------|---------|-----------|------|---------|--------|
| Calories | 202 | Cholesterol | 0 mg | Sugar | 2 g | Calcium | 22 mg |
| Calories from Fat | 64 | Sodium | 10.6 mg | Protein | 6 g | Iron | 2.4 mg |
| Total Fat | 7.2 g | Total Carbohydrate | 28 g | Vitamin A | 5 RE | | |
| Saturated Fat | 1.3 g | Dietary Fiber | 4 g | Vitamin C | 1 mg | | |

These recipes, presented to you by USDA, have not been tested or standardized.

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