

CURRIED BLACK EYED PEAS



YIELD: 18 servings

SERVING SIZE: 2, #12 dippers

PREP TIME: 10-15 minutes

COOK TIME: 30-35 minutes



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INGREDIENTS	WEIGHT	MEASURE	METHOD
Onions, diced		1 cup	1. Preheat oven to 375°F. 2. In a half-pan, place onions and peppers and stir in oil. 3. Cook in oven for 8-10 minutes until onions are tender.
Red bell peppers, diced		1 cup	
Oil		2 Tbsp	
Black eyed peas, canned		1, #10 can	4. Remove from oven and add drained peas and broth. 5. Cover with foil and return to oven for 20-25 minutes. *NOTE: same flavor can be achieved with 3 cups coconut milk and 1 tsp Thai Chili Paste (depending on desired heat level)
Thai Style Broth (Passport By Custom Culinary Thai-Style Vegetable Broth #6552)*		3 cups	
Cornstarch or flour		3 Tbsp	6. Remove from oven, take ½ cup of broth from pan and whisk with 3 Tbsp of cornstarch or flour. 7. Stir mixture back into the peas to thicken. Re-cover with foil and return to the oven for an additional 8-10 minutes until thickened.

Meal Components per serving:

½ cup Vegetable

Approximate nutritional contribution per serving:

160 Calories, 2 g Total Fat, 1 g Saturated Fat, 0 mg Cholesterol, 758 mg Sodium, 27 g Total Carbohydrate, 6 g Dietary Fiber, 7 g Protein, 60 mg Calcium, 18 IU Vitamin A, 60 mg Vitamin C, 2 mg Iron.

Note: substituting ingredients may change approximate nutrient contributions, including sodium levels.

COOLING: CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

SANITATION INSTRUCTIONS: Wash hands and exposed parts of arms before handling food, after handling raw foods, and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours.