

# Down-Home Black-Eyed Peas



Ingredients	Amount
Olive Oil	1 Tbsp
Onion, diced	1 Cup
Celery, diced	1 Cup
Canned Black-eyed Peas, undrained	2x 15oz
Soy Sauce	1 Tbsp
Bell Pepper any color, diced	1 Cup
Scallions, minced	1/4 Cup
Cilantro, chopped	1/2 Cup
Salt and Pepper	

## Directions

In a saucepan on medium heat, warm the oil. Add the onions and celery and cook, stirring occasionally, until softened, about 10 minutes. Drain the black-eyed peas, reserving 1 cup of the liquid

When the onions are soft, add the black-eyed peas and reserved liquid to the pan. Stir in the soy sauce and simmer on medium-high heat for 5-10 minutes.

Stir in the bell peppers, scallions, and cilantro, cover, remove from heat, and let sit for 5 minutes. Add salt and black pepper to taste.

## Nutrition Info:

Serving size: 1/2 Cup (serves 8)

<b>Calories</b>	108 cal
<b>Fat</b>	2 g
<b>Carbohydrates</b>	17 g
<b>Protein</b>	5 g
<b>Sodium</b>	421 mg