

# PEAS, BLACK-EYED CANNED

for use in the USDA Household  
Commodity Food Distribution Programs

Revised: 02/23/04

## Product Description

**Canned Black-eyed peas** (beans) (cowpeas) are U.S. Grade A, packed in salt water.

## Pack/Yield

Black-eyed peas are packed in 15-ounce cans, approximately 2 cups per can.

## Storage

- Store unopened black-eyed peas in a cool, dry place off the floor.
- Store opened black-eyed peas in a covered non-metallic container and refrigerate. Use within 3 to 4 days. They can also be frozen.

## Uses and Tips

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.

*(See recipes on reverse side)*



U.S. Department of Agriculture

## Cooking

Canned black-eyed peas require no further cooking, and may be used directly from the can.

## Nutrition Information

- **Black-eyed peas** are low in fat and contain no cholesterol. They are high in potassium, iron, and fiber.
- ½ cup of 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 (240g)<br>cooked, drained black-eyed peas |               |
| Amount Per Serving   |               |
| <b>Calories</b> 184  | Fat Cal 11    |
| % Daily Value*   |               |
| <b>Total Fat</b> 1.3g  | <b>2%</b>     |
| Saturated Fat .3g  | <b>1%</b>     |
| <b>Cholesterol</b> 0mg                                       | <b>0%</b>     |
| <b>Sodium</b> 717mg  | <b>29%</b>    |
| <b>Total Carbohydrate</b> 32g                                | <b>10%</b>    |
| Dietary Fiber 7g   | <b>28%</b>    |
| Sugars 5g  |               |
| <b>Protein</b> 11g   |               |
| Vitamin A 0%   | Vitamin C 10% |
| Calcium 4%   | Iron 12%      |
| *Percent Daily Values are based on a 2,000 calorie diet.     |               |

## Chunky Meatless Chili

1 medium green pepper, chopped  
 1 medium onion, chopped  
 3 garlic cloves, minced (optional)  
 3½ cups canned tomatoes, undrained, chopped  
 1 can kidney beans, undrained  
 1 can Black-eyed Peas, undrained  
 1 can whole kernel corn, drained  
 1 cup water  
 1 cup uncooked rice  
 1-2 tablespoons chili powder  
 1½ teaspoons ground cumin (optional)

1. Grease or spray a 3-quart saucepan and sauté green pepper, onion, and garlic over medium-high heat for 5 minutes until tender.
2. Add and blend in the tomatoes, kidney beans, black-eyed peas, corn, water, rice, chili powder, and cumin.
3. Bring to a boil, reduce heat, cover, and simmer 30 minutes, stirring occasionally.

When serving, may be garnished with lowfat sour cream or plain yogurt, chopped onions, and/or lowfat shredded cheese.

**Makes approximately 6 2-cup servings**

*Recipe provided by Taste of Home Magazine*

---

### Nutrition Information for each serving of Chunky Meatless Chili:

|                   |       |                    |        |           |        |         |        |
|-------------------|-------|--------------------|--------|-----------|--------|---------|--------|
| Calories          | 313   | Cholesterol        | 0 mg   | Sugar     | 8 g    | Calcium | 85 mg  |
| Calories from Fat | 11    | Sodium             | 968 mg | Protein   | 12 g   | Iron    | 4.6 mg |
| Total Fat         | 1.3 g | Total Carbohydrate | 65 g   | Vitamin A | 156 RE |         |        |
| Saturated Fat     | .2 g  | Dietary Fiber      | 10 g   | Vitamin C | 38 mg  |         |        |

---

## Tex-Mex Caviar

2 cans Black-eyed Peas, drained  
 1 cup chopped green pepper  
 ½ cup chopped onion  
 2 tablespoons chopped fresh jalapeno pepper (optional)  
 ½ cup of your favorite Italian-type dressing

1. Rinse and drain peas.
2. Mix with other ingredients.
3. This is a great cold salad or side dish.

**Makes 8 ½-cup servings**

*Recipe provided by Giant of Maryland, Inc.*

---

### Nutrition Information for each serving of Tex-Mex Caviar:

|                   |       |                    |        |           |       |         |        |
|-------------------|-------|--------------------|--------|-----------|-------|---------|--------|
| Calories          | 145   | Cholesterol        | 0 mg   | Sugar     | 1 g   | Calcium | 45 mg  |
| Calories from Fat | 63    | Sodium             | 696 mg | Protein   | 6 g   | Iron    | 2.0 mg |
| Total Fat         | 7.1 g | Total Carbohydrate | 18 g   | Vitamin A | 9 RE  |         |        |
| Saturated Fat     | 1.0 g | Dietary Fiber      | 4 g    | Vitamin C | 18 mg |         |        |

---

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

### U.S. Department of Agriculture • Food and Nutrition Service

USDA prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W Whitten Building, 14<sup>th</sup> & Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.