

BLACK-EYED PEAS (CANNED)



VEGETABLES (BEANS/PEAS)

MEAL COMPONENT CONTRIBUTION:

½ cup beans/peas vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ½ cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Peas, Blackeyed, Mature, Low Sodium, #10 Can, #2811	4 #10 can(s) + 6 1/2 cup(s)
Liquid Smoke, Quart, #2248	3 ounce(s)
Base, Bacon, Low Sodium, #349	1 tablespoon(s)

DIRECTIONS

- Open cans and drain off half the liquid.
Pour vegetables and remaining liquid into a stockpot or steam-jacketed kettle.
- Add liquid smoke and bacon base to peas.
Heat only long enough to bring to serving temperature.
Do not allow to boil.
Pour into serving pans.
CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
- Serve immediately or cover and place in warmer until ready for service.
Portion with 4 ounce spoodle or #8 scoop per serving. Each portion provides ½ cup of beans/peas vegetables.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use USDA Foods or Department of Defense (DOD) foods when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals: Preparing Dried Beans and Peas" provides seasoning and serving ideas for beans and peas.

Dried beans may be used in place of canned dried black-eyed peas. Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to use.

MISCELLANEOUS NOTES

Dried black-eyed peas must be counted as either a vegetable or a meat/meat alternate and cannot be counted as meeting both components at the same meal.

NUTRIENTS PER SERVING

Calories	135	Dietary Fiber	5.62 g	Sodium	160.56 mg	Sat. Fat	0.01 g
Carbohydrates	23.66 g	Protein	10.15 g	Total Fat	0.59 g	Trans Fat	0.00 g