

BLACK-EYED PEAS (CANNED)


MEAL COMPONENT CONTRIBUTION:

½ cup bean/pea/legume vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ½ cup

RECIPE HACCP PROCESS: #2 - Same day service

VEGETABLES (BEANS/PEAS)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Peas, Blackeyed, Mature, Low Sodium, #10 Can, #2811	4 #10 cans + 6 1/2 cups
Margarine, Bulk, #1319	8 ounces
Liquid Smoke, #2248	3/8 cup
Base, Bacon, Low Sodium, #2502	1 tablespoon

DIRECTIONS

1. Open the cans of black-eyed peas and drain off half of the liquid.
2. To steam black-eyed peas:
 - Place the black-eyed peas in solid steamtable pans.
 - Evenly distribute the margarine, liquid smoke, and bacon base among the pans. Then cover the pans.
 - Steam the black-eyed peas for 4 to 6 minutes, or until heated through.
 - Stir the black-eyed peas gently to combine the ingredients.
 - Cover the peas and hold them for service.

To heat black-eyed peas:

- Place the black-eyed peas in a braising pan, stockpot or steam-jacketed kettle.
- Add the margarine, liquid smoke and bacon base.
- Bring the mixture to a boil, then reduce the heat until the liquid simmers.
- Simmer the peas for 5 to 6 minutes or until heated through.
- Stir the black-eyed peas gently to avoid breaking the vegetables.
- Transfer the black-eyed peas to solid steamtable pans.
- Cover the peas and hold for service.

CCP: Heat to 135 degrees F or higher for 15 seconds at the completion of the cooking process.

3. Serve the black-eyed peas immediately, or cover them and place them in a warmer until ready for service.
CCP: Hold and maintain the product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.

4. Portion with 4 ounce spoodle or #8 scoop per serving. Each portion provides ½ cup of bean/pea/legume vegetable.

CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F within an additional 2 hours.

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.

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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	152	Dietary Fiber	5.64 g	Sodium	179.00 mg	Sat. Fat	0.74 g
Carbohydrates	23.77 g	Protein	10.20 g	Total Fat	2.37 g	Trans Fat	0.00 g