

DCNS January 2026 Recipe

Papa Elverso's Boiled Black-eyed Peas

Prep Time: 25 minutes Cooking Time: Approx. 1 1/2 hours

Servings: 4 - 5 6 oz. servings:

Ingredients:

- 1 - 12 oz bag of frozen black-eyed peas (or 1 16 oz can)
- 4 cups vegetable stock
- 4 oz. (3 pieces) fresh, cured bacon, cooked, drained and diced
- 1 tbsp. vegetable oil
- 1 cup onion, chopped
- 6 cloves garlic, minced (or 1 Tbsp. ground)
- 1 tsp. ginger, ground
- 1 tsp. turmeric, ground
- 1 tsp. celery seed
- ¼ tsp. seasoning salt
- ½ tsp. liquid amino
- black pepper, ground, to taste

Preparation:

1. Prepare meat and vegetables and gather spices, seasonings, and herbs.

Cooking Instructions:

1. In a medium sauce pot, sauté onion and garlic in vegetable oil until translucent.
2. Add black-eyed peas and vegetable stock and stir.
3. Add spices, seasonings and herbs and stir.
4. Bring all to boil and then reduce heat to simmer.



5. Add meat and stir until mixed.
6. Continue to cook for 1 ½ hours while stirring occasionally.
7. Taste for doneness of peas and cook longer if you desire softer peas.
8. Adjust seasonings.
9. Serve over hot rice and enjoy!

Nutrition Facts: (Per 6 oz. serving)

Carbohydrates 27.2 g | Fats 7.33 g | Sugars 0 g | Protein 7.64 g | Calories 5 Kcal | Sodium 228 mg

Copyright 2026 Denise Chapel Nutritional Services dba DCNS