

Bean Recipe

Slow Cooker

Spicy Black Eyed Pea Soup



Ingredient	Approx. Cost*
1 bag dried black eyed peas, prepared using quick soak method**	\$1.29
1 small onion thinly sliced	\$0.89
2 15 oz cans tomato sauce	\$1.78
Seasonings (olive oil, 2T, garlic 3-4 cloves, dried oregano, pinch of cayenne pepper)	\$1.00***
Liquid: 1 large can of chicken broth (32 oz. pacific natural foods) plus another 4 cups water	\$3.79
Total	\$8.75

of servings: 10 **Cost per serving: \$0.88**

*Based on Peapod's on-line pricing as of 2/09. Dried peas priced at Jewel.

**Add dried black eyed peas to a large saucepan. Add 6 to 8 inches of water. Bring to a boil and boil for 2 minutes. Cover and set aside to soak for one hour. Drain water.

***Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Cook on HIGH for 4 hours. Salt and pepper to taste and add a splash of red wine vinegar before serving.

Nutritional Information per 2 cup Serving:

Calories	208
Total Fat	9g
Saturated Fat	1.5g
% of daily total	7%
Carbohydrates	26g
Protein	5g
Fiber	4g

	% of daily total
Vit A	10%
Vit C:	16%
Calcium:	12%
Iron	10%
Good source of*	B vitamins, Magnesium, Potassium, Zinc
*(10% or more of the RDA)	

based on 2000 calorie diet

