



* Black-eyed Pea Casserole *

CASSEROLE WITH BLACK-EYED PEAS

Recipe by PanNan

PREP TIME: 10 mins

TOTAL TIME: 45 mins

SERVES: 8

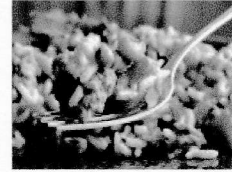


Photo by GaylaJ

ABOUT THIS RECIPE

" This is a delicious casserole and it's so easy to make. I've put it in the crockpot for 4 hours on low instead of baking it, and that works great, too, especially if you're taking it to a pot-luck. Southwestern U.S. is where you'll find this great recipe."

INGREDIENTS

1 lb lean ground beef

2 (32 ounce) cans black-eyed peas with jalapenos , drained

2 cups rice , cooked

1 (16 ounce) cans diced tomatoes

1 cup cheddar cheese , shredded

1/4 cup onion , minced

1 teaspoon salt

1/4 teaspoon pepper

1 garlic clove , crushed

DIRECTIONS

Brown meat.

Combine all ingredients in 13X9X2 casserole.

Bake at 350 degrees for 25 minutes.

Serve.

Casserole With Black-Eyed Peas (cont.)

Page 2 of 2

NUTRITION INFO

Serving Size: 1 (182 g)

Servings Per Recipe: 8

AMT. PER SERVING	%
Calories 345.1	
Calories from Fat 96	28%
Total Fat 10.7 g	16%
Saturated Fat 5.3 g	26%
Cholesterol 51.6 mg	17%
Sodium 419.4 mg	17%
Total Carbohydrate 41.7 g	13%
Dietary Fiber 1.4 g	5%
Sugars 1.7 g	7%
Protein 18.6 g	37%