

Creole-style Beans and Peas

Food Item	F&V Servings	Low-Fat Dairy Servings	Whole Grains Servings	Lean Protein Servings	Sodium (mg)
1 serving Creole Style Beans and Peas	1	0	0	2	34
TOTAL:	1	0	0	2	34

Serves: 8

1 Serving = approximately 1/2 cup

Ingredients

- 3 cups water
- 2 cups beans or peas (try navy or black beans or black-eyed peas)
- 1 teaspoon low-sodium chicken-flavored bouillon granules
- 2 cups canned unsalted tomatoes, crushed
- 1 large onion, finely chopped
- 2 stalks celery, finely chopped
- 3 teaspoons minced garlic
- 1/2 teaspoon dry mustard
- 1/4 teaspoon ground ginger
- 1/4 teaspoon cayenne pepper
- 1 bay leaf
- 1/2 cup chopped parsley

Directions

1. In a medium saucepan over high heat, add 2 cups of the water and beans or peas.
2. Bring to a boil for 2 minutes, cover, remove from heat and let stand for 1 hour.
3. Drain the water, leaving the beans or peas in the saucepan.
4. Add the remaining 1 cup of water, bouillon granules, tomatoes, onion, celery, garlic, mustard, ginger, cayenne pepper and bay leaf.
5. Stir together and bring to a boil.
6. Cover, reduce heat and simmer slowly for 2 hours, stirring occasionally.
7. Add water as necessary to keep the beans or peas covered with liquid.
8. Remove the bay leaf, pour into a serving bowl and garnish with parsley.
9. Serve immediately.