

## Creole-style Black-Eyed Peas

### Ingredients:

- |   |                              |
|---|------------------------------|
| 3 cups water                                    | 2 cups dried black-eyed peas |
| 1 tsp. <b>low-sodium</b> chicken broth          | 1 large onion, chopped       |
| 2 stalks celery, chopped                        | 3 tsp. minced garlic         |
| ½ tsp. dry mustard                              | ¼ tsp. cayenne pepper        |
| ½ cup chopped parsley                           | 1 bay leaf                   |
| 2 cups canned <b>unsalted</b> tomatoes, crushed |                              |

Over high heat, add 2 cups of water and peas in a medium saucepan. Bring to a boil (2 min.). Cover and remove from heat for 1 hour. Drain the peas. Add 1 cup of water and all remaining ingredients (except parsley). Stir together and boil. Simmer for 2 hours stirring occasionally. Add water as necessary to keep the peas covered. Remove bay leaf and garnish with parsley.

**Nutritional Information:** Calories: 173  
Total Fat: 1g Sodium: 34mg

