

BLACK-EYED PEAS AND BROWN RICE



NUTRIENTS PER SERVING:

CALORIES: 268

FAT: 1 g

CARB: 59 g

PROTEIN: 11 g

Serves 6

INGREDIENTS:

- 4 cups cooked, cold, long-grain brown rice
- 1¼ cups water
- 1 onion, chopped
- 2 celery stalks, chopped
- 2 garlic cloves, minced
- ¼ tsp freshly ground pepper
- 3 cups cooked black-eyed peas
- 1 butternut squash, about 1lb, peeled, seeded and cut into cubes
- 1 red bell pepper, stemmed, seeded and finely chopped
- ½ tsp hot pepper sauce

INSTRUCTIONS:

Put rice in a large bowl. Gently separate the grains and break apart any lumps. In a large frying pan, bring the water, onion, celery, garlic and pepper to a boil, stirring frequently. Add the black-eyed peas and squash and return to a boil, again stirring frequently. Reduce to low, cover and simmer, stirring occasionally, until the peas and squash are tender and most of the water has evaporated, about 20 minutes. Add the rice, bell pepper and hot pepper sauce. Simmer, stirring and tossing frequently until heated through, about 5 minutes. To serve, transfer to a bowl.