

CUT 

Easy Black-Eyed Peas



Where service *and savings* matter.

SERVINGS: 8

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving:
calories 130, calories from fat 25, total fat 2.5g, saturated fat 1g, trans fat 0g, cholesterol 15mg, sodium 220mg, total carbohydrate 17g, dietary fiber 3g, sugars 2g, protein 9g, vitamin A 0%, vitamin C 15%, calcium 2%, iron 10%

- 7 oz Oscar Mayer Turkey Smoked Sausage, sliced in 1/4-inch pieces
- 1-16 oz package Food Club Blackeye Peas, frozen
- 3 cups water
- 2 beef bouillon cubes
- 1 medium yellow onion, chopped
- 1/4 tsp ground black pepper

DIRECTIONS:

1. Coat large skillet with nonstick cooking spray. Sauté turkey sausage over medium-high heat until browned.
2. Add peas and remaining ingredients; bring to a boil. Reduce heat, and simmer 30 minutes or until tender.

Source: adapted from Mr. Food's Cookin' Quickies

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Shopping List

PRODUCE:

- 1 medium onion

MEAT/POULTRY/SEAFOOD:

- 7 oz Oscar Mayer Turkey Smoked Sausage

SPICES/SEASONINGS:

- ground black pepper
- kosher salt

GROCERY/FROZEN/MISCELLANEOUS:

- beef bouillon cubes
- Food Club Blackeye Peas, frozen