

Black-eyed Peas and Rice

Servings: 4 | Prep/cook time: about 1 hour and 30 minutes

Ingredients:

- 1 ham hock
- 2 tbsp. oil
- 1 celery stalk, diced
- 1 small yellow onion, diced
- 1 small green bell pepper, diced
- 2 garlic cloves, minced
- ½ pound dried black-eyed peas, about 1¼ cups
- 1 bay leaf
- 2 tsp. dried thyme
- 1 heaping tsp. Cajun seasoning
- Salt and pepper
- Green onions
- Brown rice



Directions:

1. In a medium pot over medium-low heat; add ham hock and oil, cook until oil is hot. Increase heat to medium high, remove ham hock (setting aside); add celery, onion and pepper. Stir for 4-5 minutes until vegetables begin to brown.
2. Add garlic and cook for another 2 minutes. Add the black-eyed peas, bay leaf, thyme and Cajun seasoning and cover with 4 cups of water.
3. Return the ham hock back to pot and bring to a simmer. Cook for an hour to an hour and a half until the peas are tender, not mushy. Strain out any remaining water. Remove bay leaf. Add salt and pepper to taste. Pull meat off ham hock and put back in in the pot.
4. As the dish simmers, prepare 6 servings of brown rice, using package instructions.
5. Serve over brown rice and top with green onions.

