

Shopping List: Black Eyed Pea Casserole

Compile these ingredients for a simple and nutritious one-pot main course. Quantities listed will make one “package” to put with the recipe:

- 1 bag long grain brown rice
- 1 can diced tomatoes, any kind
- dried minced onion (optional)
- garlic powder or dried minced garlic (optional)
- 2 cans or one bag black eyed peas
- salt and pepper (optional)

Notes:

- *The recipe will require some fresh foods that you may want to supply if the situation allows, including:*
 - *½ pound ground beef*
 - *fresh onion or garlic, possibly*
 - *shredded sharp cheddar cheese*
 - *colored sweet pepper (could be dried as well)*
- *Include the printable “how to cook dry beans” with any bags of beans.*
- *Package all supplies in a clear plastic bag or repurposed grocery bag, tied well at the top. Tape the recipe to the outside and include a second on the inside for safekeeping.*

Recipe courtesy of www.KitchenStewardship.com

Recipe: Black Eyed Pea Casserole

Ingredients:

- ½ lb. ground beef
- 1 small onion, diced OR 1 Tbs. dried onion
- 1 garlic clove, minced OR ¼ tsp. garlic powder or dried minced
- 2 (15 oz) cans black-eyed peas, drained and rinsed, OR 4 c. cooked black-eyed peas
- 2 c. *cooked* brown rice
- 1 (16 oz) can diced tomatoes, undrained
- 1 c. sharp cheddar cheese (or any cheese)
- ½ red, orange or yellow pepper, diced
- Optional: a few handfuls of fresh spinach, roughly chopped
- 1/2 tsp. salt, 1/4 tsp. pepper

Method:

In a large pot, brown meat and onion. Pour the grease into a jar or cup to throw away once it solidifies. Add garlic and saute a minute, then mix in all the other ingredients and heat through over medium low, stirring often.

- *To use dry beans:* soak and cook a whole bag following the package directions. Use 4 c. and freeze the rest for next time. One bag makes two batches of this recipe. If you want exactly the right amount, start with 1 1/3 c. dry beans before soaking.
- *Make cooked rice another day* for another recipe, like a chicken and veggie stir fry. Make a double batch to have leftovers for this meal. (Cooked rice can be frozen, in case you make too much.)
- If you're cooking rice just for this meal, start with 2/3 c. dry brown rice and 1 1/3 c. water. Bring to a boil and cook on your lowest heat setting, covered (no peeking!) for 45 minutes.
- *Frugal meat tip:* Try many recipes with ¾ lb. or even ½ lb. meat when it calls for a whole pound, like this original did.
- Put leftovers in a tortilla for a totally new meal.
- *Use different veggies or meat.* This recipe can adapt to what you have on hand. Try adding bacon or using sausage as the base. Toss in shredded carrots or frozen peas.
- Not enough flavor for you? Try taco seasoning, cumin or chili powder to taste, or even Italian seasoning. Start with a teaspoon and allow the dish to cook a while (on the stovetop) to let the flavors meld together, then taste and add more as necessary.

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