
Black-Eyed Pea Ranchero Sauce

The Essential Southern Living Cookbook

Servings: 10

Preparation Time: 20 minutes

Start to Finish Time: 25 minutes

1 tablespoon olive oil

1 can (15.5 ounce) black-eyed peas, drained and rinsed

1 cup chopped white onion

1/2 cup chopped, seeded jalapeno chilies (from three large chilies)

1 clove garlic, minced

1 can (15 ounce) whole peeled plum tomatoes

1 1/2 teaspoons Kosher salt

1/2 teaspoon black pepper

1/2 teaspoon ground cumin

1/2 teaspoon paprika

Heat oil in a medium saucepan over medium-high heat. Add the peas, onion and jalapeno. Cook, stirring constantly, until softened, about 5 minutes. Add the garlic and cook, stirring constantly, until soft, about 1 minute. Carefully add the tomatoes, breaking up the tomatoes using the back of a wooden spoon. Stir in the salt, pepper, cumin and paprika. Reduce the heat to medium-low. Simmer, stirring occasionally, until the tomato liquid is partially thickened, about 10 minutes. Remove from the heat and cool slightly, about 5 minutes.

Condiments, Sauces

Per Serving (excluding unknown items): 69 Calories; 2g Fat (20.1% calories from fat); 4g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 285mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.