

Farmhouse Beans and Rice

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

Yield: 10 cups

*2 cups cooked ham,
chopped
1 cup carrot, chopped
1 large onion, chopped
1 tablespoon vegetable oil
2 cans (14-1/2 ounce ea)
chicken broth
2 cans (14-1/2 ounce ea)
Cajun stewed tomatoes,
undrai
2 cans (15 ounce ea) black-
eyed peas with pork, rinsed
and drained
1 teaspoon Creole
seasoning
1 cup uncooked long-grain
rice*

In a skillet with hot oil, saute' the ham, carrot and onion until tender.

Stir in the chicken broth, tomatoes, black-eyed peas and seasoning.

Boil for 10 minutes, then stir in the rice.

Cover. Reduce the heat and simmer for 20 minutes or until the rice is tender.

Per Serving (excluding unknown items): 795 Calories; 45g Fat (51.9% calories from fat); 60g Protein; 35g Carbohydrate; 6g Dietary Fiber; 154mg Cholesterol; 5346mg Sodium. Exchanges: 8 Lean Meat; 4 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.