



Black-eyed Pea Medley

By: Sis Chana (ATL)

Yields: about 6-8 portions

Ingredients

2 cans (vegetarian) black-eyed peas
1 (16 oz) bags baby spinach
3 cloves finely minced garlic
1 red bell pepper, small dice
1 red onion, small dice
About ¼ cup extra virgin oil
Spices: Cajun blend, garlic, salt & pepper

Tools Needed

A 14" to 16" skillet (larger is better)
A sheet pan or full steam table pan
Rubber spatula or wooden spoon
Cutting board/ chef's knife
Strainer/ can opener

Method

- Rinse & drain the peas, set aside
- While the peas drain, begin to prep the veggies
- This is a simple recipe but is done best using a multi-step cooking process. This will allow the spinach & veggies to remain green & vibrant. Have a sheet pan or empty prep pan ready?
- Using a large skillet, heat on medium high & add about 2 tbsp of extra virgin olive oil (EVOO)
- Quickly sauté the onions & peppers. You only want to brown them slightly but not cook them to the point that they lose color & crunch.
- Add half of the minced garlic, stir & allow it to cook until the garlic begins to brown
- Add in the B.E.P. & another drizzle of olive oil
- Season to taste with the spices mentioned above
- Sauté until the moisture is gone & they are slightly browned
- Pour the B.E.P. onto the empty pan
- Add more EVOO to the skillet
- The next step must be done quickly... So, make sure everything is in reach & ready to use.
- Add the remainder of the garlic & stir
- Quickly add another tbsp or so of EVOO to the pan & begin to add the spinach to wilt (season)
- Once the leaves begin to get limp, stir & quickly remove it from the pan. Dump it over into the reserved pan with the B.E.P.
- Continue to wilt the remaining spinach until it is all cooked (remember to season).
- Now, you can gently combine all the cooked components.
- Add more spices if needed
- Serve it hot or remove it from the hot pan & allow it to properly cool & store for later.

Note: Reheat in the microwave or flash sauté it in a highly heated skillet before serving. Do not hold it hot using a chafing pan or Sterno. The spinach will turn brownish & not remain green.