

cookus*INTERRUPTUS

*how to cook fresh local organic whole foods
despite life's interruptions*

Black-eyed Peas

Using juice or stock to cook your beans can add depth to the flavor.

1 cup black-eyed peas, soaked 6-8 hours

1 sprig fresh thyme

1 bay leaf

Juice of one orange plus water to make 2 cups liquid

½ teaspoon sea salt

Drain peas and place in large pot with herbs and liquid. Do not add salt. Turn heat to high and bring up to boil. Lower heat until there is a gentle bubbling and simmer peas for 20 - 25 minutes, until tender. Remove from heat. Discard herbs, add salt to peas and mix gently.

Makes 2 ½ - 3 cups peas

Prep time: 25 minutes