

**BLACK-EYED PEAS (CANNED)**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
139 cal	25 g	8 g	1 g	0 mg	539 mg	36 mg

**Ingredient**

PEAS,BLACKEYE,CANNED,INCL LIQUIDS

**Weight**

39-3/4 lbs

**Measure**

4 gal 2-7/8 qts

**Issue**

**Method**

- 1 Place black eyed peas in steam-jacketed kettle or stock pot.
- 2 Heat to a simmer. Simmer about 10 minutes, stirring gently. DO NOT BOIL. CCP: Heat to 145 F. or higher for 15 seconds.
- 3 Place black eyed peas in serving pans. Garnish if desired. CCP: Hold for service at 140 F. or higher.