

# Carolina Peas & Rice

This Southern inspired dish is traditionally eaten at New Years and thought to bring a year of prosperity and good luck. This Carolina Peas & Rice recipe is not only lucky, but also nutritious and tasty any day of the year!

Makes: 4 Servings  
 Prep Time: 10 minutes  
 Cook Time: 35 minutes

Source: [masnaped.org](http://masnaped.org)

## Ingredients

- 1 Tbsp. olive oil
- 1 onion, peeled and chopped
- 1/2 tsp. salt
- 3/4 pound fresh collard greens chopped or frozen, thawed
- 1 tsp smoked paprika
- 1 tsp thyme
- 2 cups water
- 2 Tbsp. of vinegar
- 1 (15 oz) can of low sodium or rinsed back-eyed peas
- 2 cups cooked brown rice
- pepper to taste
- Hot sauce (optional)

## Directions

1. Heat pot on stove and add oil when hot.
2. When the oil is hot, add the onion and salt, stir occasionally until the onions are soft and clear about 6 minutes.
3. Add collards, smoked paprika, and thyme, and cook until the greens are just wilted (about 1 minute).
4. Add water, stir, cover the pot, and cook until the greens are just tender (about 5 to 10 minutes).
5. Stir in vinegar, black-eyed peas and rice. Cover pot, turn the heat down to low, and cook for 5 minutes.
6. Serve right away and serve with hot sauce (optional).



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	308
Total Fat:	2 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	293.5 mg
Total Carbohydrates:	98 g
Dietary Fiber:	14 g
Total Sugars:	4 g
Added Sugars:	0 g
Protein	9 g

## Utensils Needed

- Cutting board
- Sharp knife
- Measuring spoons
- Large pot with lid
- Spatula
- Can opener
- Measuring cup



# SHOPPING LIST

Average total cost of ingredients without oil, and seasonings/spices: \$8.00

Average cost/serving: \$2.00

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Onion



Add 1 to Cart  
Black Eyed Peas, 15.5 oz



Add 1 to Cart  
Collard Greens, 1 bunch



Add 1 to Cart  
Instant Brown Rice, 14 oz

## Chef's Note

- Add smoked turkey for a low-fat meat option.

## My Cooking Notes

