

Spicy Rice with Black Eyed Peas



Serves 4

Ingredients:

- 1 can (500 g) black-eyed peas, drained
- $\frac{3}{4}$ cup uncooked instant rice
- $\frac{1}{2}$ cup chopped onion
- $\frac{1}{4}$ cup chopped red bell pepper
- 1 tbsp chopped fresh oregano
- $\frac{1}{4}$ tsp salt
- $\frac{1}{8}$ tsp ground cayenne pepper
- 1 clove garlic finely chopped
- 1 can (500 g) whole tomatoes, undrained

Procedure:

- In a skillet add all the ingredients.
- Heat to boiling; reduce heat.
- Cover and simmer about 10 minutes or until liquid is almost absorbed.

Per serving:

- Calories:215
- Protein: 9 gm
- Carbohydrates: 44 gm
- Fat: 1 gm

This is a simply delicious, colorful and nutritious main dish for lunch or dinner.