

Southern Vegetable Celebration

4 slices bacon
3/4 cup onion, chopped
1/2 cup green sweet pepper, finely chopped
1/3 cup celery, chopped
2 cloves garlic, minced
1 15-oz. can black-eyed peas, drained
1/2 cup beef broth
1/2 tsp. dried thyme, crushed
1/2 tsp. dried marjoram, crushed
1/8 tsp. ground red pepper
2 cups cooked rice
6 cherry tomatoes, halved
2 Tbsp. green onion, thinly sliced
Fresh thyme (optional)
1 bay leaf (optional)

1. In a skillet, cook bacon slices until crisp.
2. Drain drippings off bacon on paper towels. Reserve 2 tablespoons drippings in skillet.
2. Crumble bacon and set aside.
3. Add onion, green pepper, celery, and garlic to reserved drippings. Cook until nearly tender.
4. Stir in black-eyed peas, beef broth, thyme, marjoram, and red pepper.
5. Stir in cooked rice; heat through.
6. Garnish with bacon, tomato, green onion and, if desired, the fresh thyme and the bay leaf.

Makes 6 servings.

Per serving:

88 calories,

3 g total fat,

1 g saturated fat,

4 mg cholesterol,

233 mg sodium,

33 g carbohydrate,

8 g protein