



Uploaded to the VFC Website

▶▶ June 2014 ◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a A 501(c)(3) Non-Profit Organization
Tax ID #27-3820181
CA Incorporation ID #3340400
CA Dept. of Charities ID #: CT-0190794*

If Veterans don't help Veterans, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Black-Eyed Pea Casserole

- 1 1/2 Lb extra-lean (at least 90%) ground beef
- 1 Tbsp olive or canola oil
- 1 Medium green bell pepper, chopped (1 cup)
- 1 Small jalapeño chile, finely chopped
- 2/3 Cup chopped onion
- 2 Cans (15 to 16 oz each) black-eyed peas, drained, rinsed
- 2 Cans (14.5 oz each) Muir Glen® organic fire roasted or plain diced tomatoes, undrained
- 1 1/4 Tsp ground cumin
- 1 Tsp garlic powder
- 1 Tsp chili powder
- 1/2 Tsp pepper
- 1 Cup Bisquick
- 1 Cup yellow cornmeal
- 1 Cup fat-free (skim) milk

- 1) Heat oven to 375°F. In 12-inch skillet, cook beef over medium heat, stirring occasionally, until thoroughly cooked; drain in colander. Meanwhile, in same skillet, heat oil over medium heat. Add bell pepper, jalapeño chile and onion; cook, stirring occasionally, 3 minutes or until crisp-tender.
- 2) Stir in beef, peas, tomatoes, cumin, garlic powder, chili powder and pepper. Bring to a boil; reduce heat. Simmer 3 to 5 minutes or until sauce is slightly thickened. Spoon into ungreased 13x9-inch (3-quart) glass baking dish. Set aside.
- 3) In medium bowl, stir together remaining ingredients. Spoon and spread evenly over beef mixture.
- 4) Bake 30 to 35 minutes or until light golden brown.

Makes 12 Servings

