

## SPICY BLACK-EYED PEAS

Time to prepare: 45 minutes. Cooking time: about 90 minutes. Servings: 6 (as main course).

- 1 lb. dried black-eyed peas
- 2-3 tbsp. dried minced onion
- 1-2 tsp. garlic powder or minced garlic
- 1 (1.1 oz.) pkg. Pemmican natural-style Beef jerky (Jalapeno flavored)
- 1-2 tsp. dried oregano flakes
- 1/4-1/3 c. minced pickles Jalapeno slices (Old El Paso)
- 2 beef bouillon cubes

Rinse 1 pound package black-eyed peas, discarding discolored or wrinkled ones. Place in 6 quart saucepan and cover with cold water plus 2-3 inches extra water. Bring to boil rapidly, remove from heat, drain water and rinse peas with two changes cold water to cover plus one inch.

Mix peas in water thoroughly before draining each time (this process gets rid of most of the oligosaccharides which may cause intestinal gas).

After peas are thoroughly drained after second rinse, cover with cold water plus 1/2 to 3/4 inch. Add onion, beef jerky torn into small pieces, garlic, oregano, and bouillon cubes. Bring to boil rapidly, then turn down heat to simmer.

Simmer tightly covered for 75 to 90 minutes - make sure peas are always covered by at least a thin layer of water. About 15-20 minutes prior to serving, add minced pickled Jalapenos. Serve hot.

<http://www.cooks.com/rec/doc/0,1850,157162-251199,00.html>