

## Savory Black-eyes

*Serve over rice or mashed potatoes, roll in a tortilla, or thin with a little water and extra seasoning to make a hearty soup. Serve with braised collards or other greens for a supremely satisfying southern supper. Tip: This casserole can be made ahead and baked just before serving or baked and then warmed up later. It is delicious either way. Serves 6-8.*

2	cups dried black eyed peas (soak at least 6 hours)
1	cup chopped onions
1	28-oz. can crushed tomatoes
1/4-1/2	cup water
2 1/2-3	tsp. salt
2	Tbsp. vegetarian (soy) "baco bits"*
2	Tbsp. raw sugar or molasses
3	tsp. prepared mustard
1/2	tsp. anchovy-free Worcestershire sauce*
1/4	tsp. garlic powder
1/4	tsp. crushed red pepper flakes

Spices blended together in a small bowl.

1/4	tsp. pepper
1	tsp. oregano
1/2	tsp. thyme
1/2	tsp. rosemary

In a large saucepan cover blackeyes with 3 inches of water and soak 6 hours or overnight. Drain, rinse, and cover peas with water. Bring to a boil and simmer until barely tender (about 1/2 hour). Drain cooked peas well, and set them aside.

In a large saucepan braise the chopped onions in a little water until they are tender. Add the cooked black eyed peas. Then stir in the remaining ingredients, including the spices.

Pour entire mixture into a deep casserole dish and bake uncovered at 375° for 1 hour or more, until most liquid bakes off and sauce thickens.

\* Soy baco-bits and anchovy-free Worcestershire sauce can be found in natural food markets.

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