



For more recipes visit: [www.WipeOutMS.com](http://www.WipeOutMS.com)

## Recipe

To learn more about MS visit: [www.NMSS.org](http://www.NMSS.org)

### Spicy Blackeye Peas

(16) oz. Dry Blackeye Peas

(1) Medium Chopped Onion

(1) Jar Jalapeño Pepper Rings (not all rings will be used)

Beef Bouillon, prepared, 4-5 cups

Pour the blackeye peas in a colander. Inspect the peas for an irregular appearance or for peas that look bad, discard these. Rinse the blackeye peas several times and place in a 3 quart or larger pot with water. (Use plenty of water.) Place on the stove on high heat and bring to a boil. Boil for two (2) minutes, remove from heat and drain in a colander. Rinse and set aside. Clean pan; add blackeye peas back in the pan with water and boil for another two (2) minutes, and rinse again. Repeat at least 3 times. Each rinse time the water should get clearer, which is what you want. After the water is clear, place the blackeye peas back in the pan with plenty of water, and boil for two (2) minutes. Remove from heat, cover, and let it stand at least one (1) hour, but no more than four (4) hours.

While the peas soak, take the jalapeno rings and cut into quarters. **CAUTION:** while doing this, never rub your face or eyes, and wash your hands afterwards. It is best to use rubber gloves while doing this.

The amount of peppers controls the heat of the dish. Generally, 2 pepper rings per ounce of blackeye peas results in a very mild heat level. About 3 to 4 pepper rings per ounce of blackeye peas produces a moderate heat level. Six (6) pepper rings per ounce of blackeye peas makes a hot dish; above this ratio, you're on your own.

Remember if you have any questions about the heat level, start at the low level, you can always add more later to suit your taste (see below).

After soaking, rinse the blackeye peas with water and clean the pan. Add blackeye peas back into the pan, along with the onion and quartered pepper rings. Mix up beef bouillon and water to directions on the package. Pour bouillon into pan until blackeye peas are covered by approximately a  $\frac{1}{4}$  inch of liquid. Cover, place on the stove on high heat and bring to boil, then lower burner to a simmer. Stir occasionally, and after 1 - 1  $\frac{1}{2}$  hours, taste. This is the time you can add more pepper rings if a hotter dish is desired. Cook a total of at least 2 hours before serving.

\* The boiling and rinse cycles mentioned above removes the earthy taste that many dislike about blackeye peas.