



Mama's Black-Eyed Pea Casserole

READY IN

ready

70 min.

SERVINGS

servings

6

CALORIES

calories

731 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups black-eyed peas cooked
- ☐ 1 tablespoon pepper black
- ☐ 6 servings butter
- ☐ 10 ounce canned tomatoes diced canned recommended: Ro-tel
- ☐ 1 tablespoon cayenne pepper
- ☐ 2 cups cheddar grated
- ☐ 1 package corn tortillas
- ☐ 10 ounce cream of chicken soup canned
- ☐ 10 ounce cream of mushroom soup canned

- ☐ 1 tablespoon thyme leaves dried
- ☐ 10 ounce mild enchilada sauce canned
- ☐ 2 cloves garlic chopped
- ☐ 2 tablespoons garlic powder
- ☐ 6 servings green onions chopped for garnish
- ☐ 1 pound ground beef
- ☐ 3 dashes louisiana hot sauce
- ☐ 1 medium jalapeño diced
- ☐ 1 tablespoon onion powder
- ☐ 1 tablespoon oregano dried
- ☐ 2.5 tablespoons paprika
- ☐ 2 tablespoons salt
- ☐ 1 medium onion diced yellow

Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish
- ☐ aluminum foil

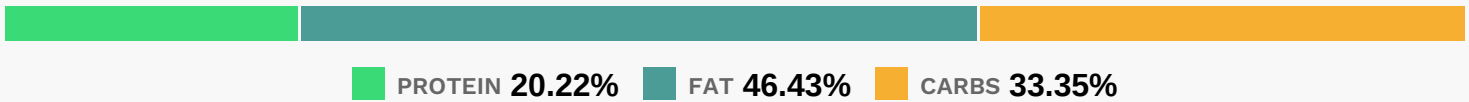
Directions

- ☐ Brown the ground beef in large skillet.
- ☐ Drain the excess grease and the add onion, garlic, jalapeno and Essence. Cook the mixture for 3 to 5 minutes or until the onion has softened.
- ☐ Add the peas, tomatoes, mushroom soup, chicken soup and enchilada sauce.
- ☐ Add a few dashes of hot sauce. Simmer until warm, about 10 minutes.
- ☐ Preheat oven to 350 degrees F.
- ☐ Tear the tortillas into large pieces. Grease the bottom of a large casserole dish with butter and then line the bottom with the torn tortilla pieces. Spoon on the ground beef mixture into

a thin layer and then add a layer of cheese.

- ☐
- Add another layer of tortillas and repeat with the beef mixture, finishing with a layer of cheese on top. Cover the casserole dish with foil to prevent the cheese from burning and place in the oven. Cook for 35 to 45 minutes.
- ☐
- Remove from the oven, cut slices approximately 2 by 2 inches and serve.
- ☐
- Garnish with chopped green onion.
- ☐
- Combine all ingredients thoroughly.

Nutrition Facts



Properties

Glycemic Index:76.58, Glycemic Load:17.79, Inflammation Score:-10, Nutrition Score:35.793913457705%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 731.16kcal (36.56%), Fat: 38.49g (59.21%), Saturated Fat: 17.48g (109.25%), Carbohydrates: 62.22g (20.74%), Net Carbohydrates: 48.79g (17.74%), Sugar: 10.47g (11.64%), Cholesterol: 108.23mg (36.08%), Sodium: 3826.71mg (166.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.71g (75.42%), Phosphorus: 659.12mg (65.91%), Manganese: 1.22mg (60.9%), Vitamin A: 2932.76IU (58.66%), Folate: 221.26µg (55.31%), Fiber: 13.43g (53.71%), Zinc: 7.48mg (49.89%), Iron: 8.27mg (45.95%), Selenium: 29.72µg (42.46%), Calcium: 421.43mg (42.14%), Vitamin K: 42.78µg (40.74%), Vitamin B6: 0.75mg (37.4%), Vitamin B12: 2.1µg (35.02%), Copper: 0.69mg (34.52%), Magnesium: 136.26mg (34.07%), Vitamin B3: 6.1mg (30.51%), Vitamin B2: 0.5mg (29.52%), Potassium: 991.74mg (28.34%), Vitamin B1: 0.36mg (24.18%), Vitamin E: 3.38mg (22.53%), Vitamin C: 12.6mg (15.28%), Vitamin B5: 1.42mg (14.21%), Vitamin D: 0.3µg (2.01%)