

Blackeye Beans with Wild Rice & Herbs

Makes: 50 Servings

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Ingredients	Weight	Measure
Blackeye beans, dry packaged	3 lbs 2 oz	
Wild rice, cooked		1 qt 2 1/4 cups
Tomatoes, large, fresh 3" diameter	3 each	
Onion, purple, diced		3 1/8 cups
Green bell pepper, diced		3 1/8 cups
Whole kernel corn		3 1/8 cups
Oregano, fresh, chopped		1/2 cup 4 tsp

Nutrition Information

Nutrients	Amount
Calories	158
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	102 mg
Total Carbohydrate	25 g
Dietary Fiber	4 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	8 g
Vitamin D	N/A
Calcium	42 mg
Iron	3 mg
Potassium	N/A
N/A - data is not available	

	tsp
White wine vinegar	1/3 cup 4 tsp
Olive oil, extra virgin	1/2 cup 4 tsp
Salt	1/2 Tbsp
Black pepper, ground	1/2 tsp

Directions

1. Rinse beans well. In a saucepan, cover beans with water that is at least 2 inches above the beans; then bring to a boil over high heat. Simmer for 5-10 minutes. Turn off heat and let stand at least one hour before proceeding with recipe.
2. Rinse and cover beans with fresh water. Bring to a boil and cook 30-40 minutes. Do not overcook; beans should be firm.
3. Prepare dressing by whisking together oregano, thyme, white wine vinegar, olive oil, salt and freshly ground black pepper. Set aside.
4. In a flat serving dish, combine white and wild rice, tomato, onion, bell pepper and corn. Add cooked blackeye beans. Add dressing and toss just to combine. Garnish

with fresh herbs.

Source: Bean Education & Awareness Network