

# Recipes Using Canned Sweet Peas



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## Green Pea and Parmesan Dip

### You will need:

2 (15 oz.) cans of sweet peas	1/3 cup parmesan cheese	zest from one lemon.
4 tbsp. lemon juice (or more to taste)	2 tbsp. olive oil	1/2 cup parsley.
1/4 cup chopped green onions	1 clove garlic (may substitute garlic powder or garlic salt)	
salt and pepper to taste		

### Instructions:

- Blend above ingredients in a food processor or blender until smooth.
- Add salt and pepper to taste. Add other dry herbs if desired.
- If needed, thin with extra oil or lemon juice.
- Serve with raw veggies or spread on grilled French bread slices.

## Pea Salad with Red Onions and Peas

### You will need:

1 (15 oz.) can of sweet peas, drained	1 head of iceberg lettuce, chopped	1 red onion, diced
1 pint of cherry tomatoes, sliced	2 (2 oz.) cans sliced olives	Ranch salad dressing
2 cups shredded cheddar cheese	1/2 pound bacon, cooked and crumbled	1 green onion sliced

### Instructions:

- In a large glass bowl, layer the lettuce, tomatoes, olives, red onions, peas, ranch dressing, cheese, bacon and green onions.
- Serve immediately or refrigerate.

## Burger Beef Soup

### You will need:

1 (15 oz.) can of sweet peas, drained	1 lb. ground (at least 80%) beef	1 small onion, chopped
1 (10 3/4 oz.) can condensed cream of celery soup	2 cups tomato juice	1 1/4 cups water
1/4 tsp. dried basil leaves or 3/4 tsp. fresh basil	3/4 tsp. dried thyme leaves	1 dried bay leaf, optional
1 cup uncooked egg noodles		

### Instructions:

- In a 4-quart Dutch oven, cook beef and onion over medium heat 8 - 10 minutes.
- Stir occasionally, until beef is browned; drain. Stir in remaining ingredients except noodles.
- Heat to boiling. Stir in noodles; reduce heat. Simmer uncovered about 10 minutes, stirring occasionally.
- Keep stirring until noodles are tender. Remove bay leaf.

### Warmed or Chilled Pea Soup

**You will need:**

2 (15 oz.) cans of sweet peas, drained      1 medium sweet onion, chopped      1 garlic clove, minced  
1 tbsp. olive oil      2 cups chicken broth      2 tbsp. lemon juice  
1 tbsp. fresh dill or 1 tsp. dried dill weed       $\frac{1}{2}$  tsp. salt       $\frac{1}{4}$  tsp. pepper  
 $\frac{1}{2}$  cup plain yogurt omit if serving warm)

**Instructions:**

- In a large saucepan, saute' onion and garlic in oil until tender. Remove from heat.
- Stir in peas, broth, lemon juice, dill, salt and pepper.
- Place half of the mixture at a time in a blender. Cover and process until pureed.
- At this point, return to saucepan and heat thoroughly.
- If serving cold, add all the pureed mixture to the blender and add the yogurt.
- Puree until smooth. Cover and refrigerate for at least one hour.

### Creamed Canned Peas

**You will need:**

1 (15 oz.) can of sweet peas, do not drain      2 tbsp. butter      2 tbsp. flour  
 $\frac{1}{4}$  cup milk       $\frac{1}{8}$  tsp. black pepper       $\frac{1}{4}$  tsp. salt

**Instructions:**

- Heat undrained peas in a small saucepan. In a second saucepan, melt the butter.
- Add the flour and whisk for 30 seconds.
- Add milk to the butter mixture, stirring over medium heat until thickened.
- Pour the mixture into the peas and continue to cook until thickened to your desired consistency.
- Add the salt and pepper and stir before serving.

### Chicken and Noodles with Peas

**You will need:**

1 (15 oz.) can of sweet peas, drained      2 cups egg noodles, uncooked      2 oz. cream cheese, cubed  
 $\frac{1}{2}$  lb. skinless chicken breasts, cut into cubes      1 (10-3/4 oz.) cream of mushroom soup       $\frac{1}{2}$  cup milk  
 $\frac{1}{2}$  cup shredded Colby and Monterey Jack cheeses, divided      cooking spray

**Instructions:**

- Cook noodles in a medium saucepan as directed on package.
- Cook chicken in a medium nonstick skillet with cooking spray on medium-high heat for about 5 minutes.
- Stir occasionally. Add cream cheese. Cook and stir for 1 - 2 min. until cheese is melted and blended.
- Add soup and peas. Cook for 5 minutes; stirring occasionally.
- Drain noodles. Return to saucepan. Add chicken mixture and half of the shredded cheddar cheese.
- Cook until the cheese is melted and mixture is well blended. Sprinkle with remaining cheese.

### Green Pea Cookies

**You will need:**

1 (15 oz.) can of sweet peas, drained       $1 \frac{1}{2}$  cups quick oats      2 ripe bananas  
pinch of salt

**Instructions:**

- Preheat oven to 350 degrees F. Blend everything together in a food processor until broken up.
- Spoon mixture onto greaseproof paper. Bake green pea cookies for 15 - 20 minutes or until golden.
- Leave to cool and firm up for 10 minutes then enjoy.
- Store green pea cookies in the fridge and eat within three days.