

Recipes Using Canned Sweet Peas



Neighbors, Inc., South St. Paul, MN 55075

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 (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

Instructions:

- In a large mixing bowl combine the drained peas, cut bacon, diced red onions, shredded cheddar cheese and mayonnaise.
- Mix all pea salad ingredients together well. Season with salt and pepper.
- Mix again to incorporate seasonings. Refrigerate pea salad for 4 hours or overnight.

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 can (10 3/4 oz.) 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 brown; 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.) cans 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		

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 bananas
A 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 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.