Black-eyed Peas

2 ½ cups (16 ounces) dried black-eyed peas, soaked overnight
2 tablespoons chopped shallot
3 quarts water
½ cup chopped red onion
2 slices Canadian bacon
1 tablespoon chopped fresh thyme or
¼ teaspoon cracked black pepper
No-stick cooking spray
2 tablespoons chopped fresh garlic

Drain and rinse black peas. Place in a large soup pot and add water, half of the
onions, bacon and thyme. Bring to a boil and reduce heat to low. Simmer, stirring
often, until peas are tender but not mushy, about 1 hour. Remove bacon and
discard. Drain excess liquid. Spray a large sauté pan with cooking spray. Add the
remaining onions and cook, stirring over low heat until translucent, about 2 minutes.
Add drained black-eyed peas, garlic, shallots, tomatoes, parsley, salt and pepper.
Cook until heated through. Add hot sauce to taste.

Makes 8 servings