

# Stew, Cowpea

Total Yield: 2 1/2 cup

Shelf Life: \_\_\_\_\_

Allergens: peanuts

## Components

Onion, Yellow Whole Fresh

Tomato, Diced Canned

Bean, Black Eyed Peas Dry

Butter, Peanut

Spice, Coriander Ground

Spice, Turmeric Ground

Salt, Coarse Kosher

Oil, Canola & Extra Virgin Olive Oil Blend 75/25 Import

Water, Tap