

Keywords:**Yield:** 6 servings**Ingredients**

4 strips	bacon
1 small	onion
1/2 tsp	Crushed Red Pepper
1 cup`	Dried Black eyed peas
15 oz	Can diced tomatoes, drained
1 1/2 cups	long grain rice
1 tsp	salt
6 cloves	Garlic

Procedure

1. Place bacon in a saucepan and cook over medium heat until just beginning to crisp.
2. Add onion & garlic and cook, stirring, until softened, about 5 minutes.
3. Scrape bacon, bacon fat and onion into slow cooker.
4. Add crushed red pepper, peas and 4 cups water (I use broth instead of water to add flavor) and stir to combine.
5. Cover and cook on low until peas are nearly tender, 3 to 4 hours.
6. Stir in tomatoes, rice and salt.
7. Cover and continue to cook just until rice is tender and has absorbed all liquid, 1 to 1 1/2 hours.
8. Fluff with a fork and serve.
9. Kitchen Notes
10. Go whole grain. Swap in brown rice instead of white to add fiber and other nutrients to this already healthful dish.
11. Turn up the heat. Like a kick? Use more crushed red pepper and sprinkle the dish with hot sauce just before serving (or pass the sauce at the table).
12. Nutritional Information
13. Calories:267
14. Fat:4g (sat 1g)
15. Protein:9g
16. Carbohydrate:49g
17. Fiber:2g
18. Cholesterol:10mg
19. Sodium:533mg
20. From Internet: http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000001976659