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
2 tomatoes, cored and chopped
¼ cup chopped fresh parsley
¼ teaspoon salt
1 teaspoon dried thyme leaves
Tabasco or other hot sauce, optional

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