

# Southern-Style Crowder Peas

Yield: 8 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-purple-hull-pea-recipe>

## Ingredients:

- 4 slices bacon
- 1 onion small, chopped
- 1 green bell pepper small, chopped
- 16 ounces peas frozen crowder
- 2 cups water
- 1 tablespoon garlic powder
- 1 pinch dried thyme
- 1 bay leaf crushed
- 1/2 teaspoon seasoned salt to taste
- 2 slices cooked ham cubed
- 1 tablespoon fresh parsley chopped

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 10 milligrams
4. Fat: 6 grams
5. Fiber: 4 grams
6. Protein: 5 grams
7. SaturatedFat: 2 grams
8. Sodium: 125 milligrams
9. Sugar: 4 grams

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