

Black-Eyed Pea Dip: Easy, Creamy & Flavorful Southern Appetizer!

Get ready for a dip that's bursting with vibrant flavors and comforting Southern charm! This



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INGREDIENTS

2 (15 oz) cans black-eyed peas, rinsed and drained
1 (10 oz) can Rotel diced tomatoes with green chilies, undrained
 $\frac{1}{2}$ cup mayonnaise
... cup sour cream or plain Greek yogurt
2 tablespoons fresh lime juice
1 clove garlic, minced
 $\frac{1}{2}$ tsp ground cumin
... tsp chili powder
Salt and black pepper, to taste
Optional: $\frac{1}{4}$ cup finely diced red onion
Optional: $\frac{1}{4}$ cup finely diced bell pepper (any color)
Optional: 2 tbsp chopped fresh cilantro
For serving: tortilla chips, Fritos, or pita chips

DIRECTIONS

1. Prepare the Base: In a large mixing bowl, combine the 2 (15 oz) cans rinsed and drained black-eyed peas and 1 (10 oz) can Rotel diced tomatoes with green chilies (undrained). If using, add the optional $\frac{1}{4}$ cup finely diced red onion and $\frac{1}{4}$ cup finely diced bell pepper.
2. Make the Creamy Dressing: In a separate small bowl, whisk together the $\frac{1}{2}$ cup mayonnaise, ... cup sour cream or plain Greek yogurt, 2 tablespoons fresh lime juice, 1 clove minced garlic, $\frac{1}{2}$ teaspoon ground cumin, ... teaspoon chili powder, and salt and black pepper to taste. Whisk until the dressing is smooth and well combined.
3. Combine & Chill: Pour the prepared creamy dressing over the black-eyed pea mixture in the large bowl. Gently toss everything together until all the ingredients are evenly coated with the dressing. If using, stir in the 2 tablespoons chopped fresh cilantro. Cover the bowl with plastic wrap and refrigerate the Black-Eyed Pea Dip for at least 1 hour, or preferably longer (2-4 hours), to allow the flavors to meld and for the dip to chill thoroughly.
4. Serve: Give the dip a gentle stir before serving. Serve chilled with sturdy tortilla chips, Fritos, or pita chips for scooping. Enjoy your delicious, creamy, and flavorful Black-Eyed Pea Dip!

SWAPS & NOTES

Black-Eyed Peas: Ensure black-eyed peas are thoroughly rinsed and drained from the can.

You can also use cooked dried black-eyed peas (about 3 cups cooked) for extra flavor, but canned makes it super quick.

Rotel: Rotel diced tomatoes with green chilies add a fantastic flavor base and a little kick.

You can use regular diced tomatoes with a small can of diced green chilies if you prefer less spice, or add a pinch of cayenne for more heat.

TIPS FOR SUCCESS

Rinse & Drain Peas Well: This is crucial for a non-watery dip.

Fresh Lime Juice: Essential for brightness and tang.

Chill Time is Key: Allowing the dip to chill lets the flavors meld and become even more delicious.

Adjust Spice: Taste the dressing and corn mixture and adjust chili powder or add cayenne to your preference.

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