

# Black-Eyed Pea Cakes

Source: Ellen Siegel

Serves: 10

## Ingredients:

### Cakes (group 1)

- 1, 15 oz can black-eyed peas, drained and rinsed
- 2 TBSP Braggs aminos or soy sauce
- 2 TBSP olive oil
- 1-2 cloves garlic minced
- ¼ tsp chili powder
- ¼ tsp cumin, ground
- ¼ tsp dry mustard powder
- pinch cayenne pepper

### Cakes (group 2)

- ½ cup toasted rolled oats, NOT QUICK, toast in oven
- 2/3 cup cooked millet
- ½ onion, minced
- 2 TBSP minced bell pepper
- 1 TBSP grated carrot
- 1 TBSP minced celery

### Peanut Cream Gravy

- ½ cup roasted, unsalted peanuts (cashews or almonds)
- 2 TBSP Braggs aminos, coconut aminos or soy sauce
- 1 TBSP nutritional yeast
- 1 ½ cup water (plus ½ cup, reserved)
- 2 cloves garlic
- Salt & pepper to taste

## Method:

1. Combine first group of ingredients in processor and mix until smooth. Place in a bowl.
2. Add second group and combine until well mixed. Shape into cakes (patties).
3. Pan Fry using 1-2 TBSP oil or bake in oven if desired.
4. For gravy, combine all ingredients in blender and mix until smooth with no pieces of nut left. Strain if desired.
5. Cook over medium low heat until thickened using reserved water to thin to desired consistency.