



WEST AFRICAN TUNA CASSEROLE

- 2 Cups Cooked Dried Black Eyed Peas
- 1/2 Cup Finely Chopped Onion
- 3 Tablespoons Vegetable Oil
- 1 Large Tomato, Chopped
- 2 Teaspoons Crushed Red Pepper
- 14 Ounces Flaked Tuna
- 2 Tablespoons Tomato Paste
- 1/2 Teaspoon Salt
- Buttered Crumbs

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Place peas in an ovenproof baking dish.
3. Sauté onion in oil.
4. Add to the peas with the tomato and crushed red pepper.
5. Bake, covered, for 15 minutes.
6. Add tuna, tomato paste and salt.
7. Cover and return to the oven for 10 minutes.
8. Remove cover and sprinkle with buttered crumbs.
9. Bake 5 minutes uncovered.