



Black-eyed Peas



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Serves 8

Ingredients:

16 ounces dried black-eyed peas
1 Tablespoon olive oil
1 medium onion, diced
4 cloves garlic, peeled and minced
2 bay leaves

6 cups low-sodium vegetable broth
 $\frac{1}{8}$ teaspoon red pepper flakes
1 teaspoon dried thyme
salt and pepper to taste

Directions: Sort and wash the black-eyed peas. Set aside. In a large pot, add the olive oil and sauté the onions and garlic until tender, about 8 minutes. Add the remaining ingredients and cover. Bring to a boil; reduce heat and simmer, covered, for 1 hour. Uncover and cook for 30-45 minutes more until the peas are tender. Remove from the heat and stand for 10-15 minutes.



Nutrition Information

Serving size: 1 cup
Calories 212; Fat 2.6
(Sat 0.2g); Protein 12.5g;
Sodium 106mg;
Fiber 10.7g;
Carbohydrate 33.6g



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