

Black-Eyed Peas

HEALTHIER TRADITIONS COOKBOOK™

Soul Food

1 ½ HOURS | SERVES 10

INGREDIENTS

- 1 pound dried black-eyed peas
- 2 tablespoons safflower oil (or another high-heat cooking oil)
- 1 medium onion, diced
- 4 garlic cloves, minced
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- ½ teaspoon smoked paprika
- ½ teaspoon cayenne (optional)
- 4 cups low-sodium chicken broth
- 2 cups water
- 2 bay leaves

NUTRITION FACTS

115 calories, 3g fat, 0g saturated fat, 214mg sodium, 16g carbohydrate, 3g fiber, 2g sugar, 5g protein

DIRECTIONS

1. Place peas in large pot and cover with water by 2–4 inches. Soak overnight.
2. In large pot, heat oil over medium-high heat. Add onion and stir frequently, until onion is translucent, about 8 minutes. Add garlic, salt, pepper, garlic powder, smoked paprika, and cayenne pepper. Cook another 2 minutes and add drained peas, broth, water, and bay leaves. Bring to a boil and reduce to a simmer, covered, about 45 minutes to 1 hour until the peas are soft.
3. Using the back of a spoon, smash some of the peas and stir mixture together to give it a creamier consistency. Taste and re-season. Remove bay leaves before serving.