

Black-eyed Peas *with* Vegetables

INGREDIENTS

- ~ 1 cup dried black-eyed peas, washed and picked through for any rocks
- ~ 5 cups water
- ~ 2 Tablespoons olive oil (or oil of choice)
- ~ 1 large onion, chopped
- ~ 4 cloves garlic, chopped
- ~ 1 stalk celery, chopped
- ~ 2 large carrot, chopped
- ~ 1 teaspoon dried oregano
- ~ 1 teaspoon ground cumin
- ~ 2 teaspoons paprika
- ~ 2 teaspoons salt
- ~ 3 cups packed chopped greens - kale, collards, chard or spinach*

**If using collards or kale, remove greens from stems and cut them very thin. The leaf can be cut into 1-inch pieces.*

DIRECTIONS

- 1 Heat oil in soup pot. Add onions and garlic, and sauté over medium heat for 4-5 minutes. Add celery and carrots, and cook for 2 more minutes, stirring frequently.
- 2 Add the black-eyed peas, spices, and water and bring to a boil.
- 3 Cover and simmer 45 minutes. Check occasionally to make sure there is still enough water.
- 4 If you are adding kale or collards, add it 3-4 minutes before serving. If you are using spinach or chard it only needs 1 minute to cook before serving.

*This is delicious served with brown rice.
Serve with a pan of cornbread or tortillas.*

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