

Black Eyed Pea and Greens Soup

Yield: 6 (1-cup) servings

Cook time: 1 hour and 15 minutes (plus 8 hour soak time for dried peas)

- 2 cups dried black eyed peas
- 2 tablespoons vegetable oil
- 1 large onion, chopped
- 2 cloves garlic, finely chopped (or ¼ tsp garlic powder)
- 2 stalks celery, chopped
- 6 cups broth (low-sodium, if possible)
- 1 bunch winter greens (collards, kale, or chard) with stems removed
- 4 carrots, chopped
- salt and ground pepper (about ¼ teaspoon each)

1. Place peas in a large bowl and cover by a few inches with water.
2. Cover the bowl and let sit at room temperature for 8 hours or overnight; drain and rinse well.
3. Heat oil in a large pot over medium heat.
4. Add onion, garlic, and celery and cook, stirring occasionally, until onion is translucent, 5 to 8 minutes.
5. Add peas and broth and bring to a boil, skimming off any foam on the surface.
6. Reduce heat and simmer, partially covered, until peas are tender, about 45 minutes.
7. Add collard greens and carrots and simmer until tender, 15 to 20 minutes more.
8. Season with salt and pepper
9. Taste, and adjust for seasonings. Enjoy!

Adapted from Whole Foods Market



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