Black Eyed Peas

Recipe by Chef Marvin Woods

Yield: Makes 6 servings

Ingredients

1 pound dried black-eyed peas, sorted and rinsed
2 tablespoons olive oil
1 large onion, chopped
3 garlic cloves, minced
2 tablespoon smoked paprika
1 bay leaves
1 tablespoon minced fresh thyme or 1 teaspoon dried thyme
1/4 teaspoon crushed red pepper flakes
1/4 teaspoon pepper
1/2 teaspoon kosher salt

Instructions:

Soak peas in a pot or bowl overnight. Place a large pot on the stove over medium heat. Add oil, onions, and garlic and cook for 2 minutes. Add paprika, bay leaves, thyme, and red pepper flakes. Place peas in the pot and cover with water 2 inches over and cover pot. Bring to a boil. Lower heat and cook for 35 to 40 minutes or until peas are tender. Remove from the heat. Discard bay leaves. Add pepper and check seasoning.

Total Nutrition Facts (per serving)

Calories:	235
Total Fat	5.6g
Saturated Fat	0.9g
Trans Fat	0.0g
Cholesterol	0mg
Sodium	132.4mg
Total Carb	35.7g
Dietary Fiber	11.2g
Sugars	6.3g
Protein	12.4g

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