RECIPE

Black-eyed peas and greens

A vegan black-eyed pea and greens dinner, one pot, smoky with paprika and bright with vinegar, with about 485 mg sodium a serving.

MAKES

4 servings US Metric

TOTAL

2 h

Ingredients

- [ ] 1 ½ cups dried black-eyed peas, sorted and rinsed
- [ ] 2 tbsp olive oil
- [ ] 1 large onion, diced
- [ ] 2 tbsp no-salt-added tomato paste
- [ ] 2 tsp garlic powder
- [ ] 1 ½ tsp smoked paprika
- [ ] ½ tsp dried thyme
- [ ] ½ tsp black pepper
- [ ] 1 can (14.5 oz) no-salt-added diced tomatoes, with their juice
- [ ] 5 cups water, for simmering the peas
- [ ] 6 cups chopped collard leaves, stems removed (about 7½ oz)
- [ ] 4 cups chopped kale, stems removed (about 3 oz)
- [ ] 1 cup water, for the greens
- [ ] ¾ tsp salt

Method

1. Pick through the peas for stones, then rinse them in a colander. There is no soaking.
2. Heat the oil in a big heavy pot over medium heat. Cook the onion for 6 to 8 minutes, until soft and just starting to turn gold.
3. Stir in the tomato paste, garlic powder, paprika, thyme and black pepper. Keep stirring for 1 minute, until the paste darkens a shade.
4. Add the peas, the tomatoes with their juice and the 5 cups of water. Bring to a boil, then turn down to a gentle simmer with the lid cracked. At 5,300 ft water boils near 203 °F, so allow 90 to 100 minutes instead of about 75. Stir every 20 minutes.

- [ ] 2 tbsp cider vinegar

5. The peas are ready when one mashes easily between your fingers and the broth has turned a little creamy. If the pot looks dry, add water a splash at a time.

6. Stir in the collards, the kale and the 1 cup of water. Cover and simmer 15 to 20 minutes, until the greens are tender and dark.

7. Off the heat, stir in the salt and the vinegar. Taste, and add a little more vinegar before more salt.

8. Cool in shallow containers within 2 hours, then refrigerate. Reheat leftovers to a boil, stirring, or to 165 °F. Freezes in 2-cup tubs for 3 months; thaw overnight in the fridge (our kitchen practice; we hold no published source for it yet).