

# Spicy Black Eyes Peas and Collards

Black eyes peas and collard greens go together like peanut butter and jelly. Definitely pair this with the BBQ Seitan Ribs!



PREP TIME

20 mins

COOK TIME

30 mins

TOTAL TIME

50 mins



COURSE

Dinner, Gluten Free, Sides, Vegetables



SERVINGS

6 servings

CALORIES

177 kcal

## INGREDIENTS

- 1 tsp olive oil
- 1 small Onion chopped
- 2 cloves garlic minced
- 1/2 lb Collard Greens
- 2 15 oz cans Cooked Black Eyed Peas drained and rinsed
- 2 Tbsp tomato paste
- 3/4 c vegetable broth
- 1/4 tsp cayenne
- 1 Tbsp vinegar
- 1/4 tsp liquid smoke

## INSTRUCTIONS

1. Preheat a large pan over medium heat.
2. Saute the onions in the olive oil until translucent.
3. Add garlic and saute for 1 additional minute.

4. Add collard greens and 1/4 c (60 ml) of the vegetable broth. Simmer until greens shrink to half their size, stirring regularly.
5. Add peas, tomato paste, the remainder of the broth. Cover and cook for 5 minutes.
6. Add cayenne and vinegar.
7. Use a large fork or potato masher to mash about half of the beans.
8. Cook for 5 more minutes. Remove from heat and serve.

## NUTRITION

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### Nutrition Facts

Spicy Black Eyes Peas and Collards

**Amount Per Serving**

<b>Calories</b> 177	Calories from Fat 18
<b>% Daily Value*</b>	
<b>Fat</b> 2g	3%
Saturated Fat 0.1g	1%
Polyunsaturated Fat 0.2g	
Monounsaturated Fat 1g	
<b>Sodium</b> 35mg	2%
<b>Potassium</b> 143mg	4%
<b>Carbohydrates</b> 31g	10%
Fiber 8g	33%
Sugar 2g	2%
<b>Protein</b> 11g	22%
<b>Vitamin A</b> 2550IU	51%
<b>Vitamin C</b> 20.6mg	25%
<b>Calcium</b> 60mg	6%
<b>Iron</b> 2.3mg	13%

\* Percent Daily Values are based on a 2000 calorie diet.



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**Tried this recipe?**

Let us know how it was!