

Black-Eyed Pea Masala

Posted By [Angela \(Oh She Glows\)](#) On January 8, 2011 @ 4:21 pm

Black-Eyed Pea Masala

Adapted from [Fat Free vegan Kitchen](#).

Yield: approx 6 cups

Ingredients:

- 1 tbsp extra virgin olive oil (or oil of choice)
- 2 cups uncooked black-eyed peas
- 1 large onion, diced
- 1 teaspoon ground cumin
- 1 teaspoon ginger-root, minced (or more to taste)
- 3 small cloves garlic, minced
- Pinch of red pepper flakes
- 1 teaspoon turmeric
- 3 cups canned diced tomato (approx one 28oz can)
- 1.5-2 teaspoons garam masala, to taste (I use [Arvinda's](#))
- 1-2 teaspoons sugar, or to taste
- 1.5 teaspoon salt, or to taste
- Chopped parsley or cilantro, to garnish
- Rice or bread, for serving

Directions: Optional: Soak the black-eyed peas overnight for 8 hours. This reduces cooking time, but it is not required and I skipped this step. Rinse the dried black-eyed peas and strain. Place into a medium sized pot with water about two inches above the peas. Bring the water to a boil and then simmer for about 20 minutes. Turn off heat and let peas stand in the pot while you prep the rest of the meal.

In a large skillet, add 1 tbsp of oil over medium heat and add the chopped onions. Cook, stirring, until onions soften, about 6-8 minutes. Add the cumin, ginger, and garlic and stir for about 1-2 minutes.

Add the drained peas and all remaining ingredients. Add 2 cups of water and bring to a low boil. Cover (if preferred) and simmer until the black-eyed peas are tender about 20-40 minutes, depending on how much your peas were soaked/pre-cooked beforehand. You can keep checking the peas to assess tenderness. They should be tender, but still chewy and slightly firm. Check seasonings and add more salt and garam masala if necessary.

Sprinkle with parsley and serve with brown rice or fresh bread. Makes approx. 6 cups.

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