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Black Eyed Peas Stew

By Maggie Collins, MPH, RDN, CDCES, DipACLM

| Prep Time | Cook Time | Total Time | Servings |
|------------|------------|------------|----------|
| 20 minutes | 20 minutes | 40 minutes | 11 cups |

Ingredients

- 1 medium onion, diced
- 4 garlic cloves, minced
- 1 red or yellow bell pepper, diced
- 1 bunches of collard greens, thinly chopped
- 1 jar (28oz) marinara tomato sauce
- 2 cans Black Eyed Peas, No Salt Added
- 1 1/2 cup soy curls (optional)
- 2 Tablespoons mushroom seasoning
- 1 teaspoon salt (or to taste)
- 2 heaping Tablespoons peanut butter

Instructions

Instructions:

1. Soak the soy curls in warm water as you are preparing the rest of the recipe.
2. Heat up a large non-stick pan or wok to medium-high heat. Add the diced onions and cook until soft, stirring occasionally. Add some of the liquid from the beans if the onions start to stick to the pan.
3. Add the minced garlic and the diced bell peppers, and cook for a minute with the lid on.
4. Add the chopped collard greens, cover with a lid and let it cook for about 5 minutes, stirring occasionally.
5. Add the marinara sauce, the blackeye peas, the drained soy curls, the mushroom seasoning and mix everything well. Let it cook for 5 minutes with the lid on. If you want your stew to have more liquid add more tomato sauce.
6. Finally add the peanut butter and mix everything together using a wooden spoon. Taste and add the salt to taste.

Nutrition Facts

| | |
|---|--------------|
| 11 | |
| Serving size | 1 cup |
| Amount per serving | |
| Calories | 160 |
| % Daily Value* | |
| Total Fat 5 | 6 |
| Saturated Fat 0 | 0 |
| Cholesterol 0 | 0 |
| Sodium 650 | 28 |
| Total Carbohydrate 24 | 9 |
| Dietary Fiber 7 | 25 |
| Total Sugars 7 | |
| Incl. 0 Added Sugars | 0 |
| Protein 9 | |
| Vitamin D 0 | 0 |
| Calcium 127 | 10 |
| Iron 3 | 15 |
| Potassium 241 | 6 |
| *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000 calories a day is used for general nutrition advice. | |

Bonus Tips

Serving suggestions: Serve with brown rice, quinoa, tortillas, tostadas, polenta, etc.

Storage: store leftovers in an airtight container in the refrigerator and consume in 7 days or freeze for later use.

Check it Out

- Gluten free
- No Added-oil