



From the God's Love Kitchen: Black-Eyed Pea Soup

It is believed that the domestication of the Black-eyed pea began in West Africa. Known for its versatility, this warm climate legume has landed a central role in dishes of countless cuisines across the globe. Mixed with love and sentiment into curries, pastes, sauces, desserts and rice, this pea packs in calcium, folate, protein, fiber and vitamin A. It is so popular, there is even a group of musical artists named after it. Enjoy our creation featuring this most famous legume.

Black Eyed Pea Soup

(Serves 6)

- 1 cup black eyed peas, soaked overnight in 2 cups water
- 2/3 cup carrots, raw, chopped
- 3 celery stalks, chopped
- 2/3 cup onions, chopped
- 1/2 cup collard greens, chopped
- 1/2 cup bulgur, dry
- 2 cups low sodium vegetable broth
- 3 cups water
- 1 tablespoon vegetable oil

1. Heat the vegetable oil in a soup pot.
2. Add the chopped carrot, celery, and onion and sauté for 5 minutes.
3. Add vegetable broth, and water. Bring to a boil.
4. Add black eyed peas, bring to a boil, and reduce to a simmer.
5. When Black eyed peas are soft (around 15 minutes), add bulgur wheat.
6. Cook until bulgur wheat is tender (around 15 minutes).
7. Stir in the collard greens.
8. Bring to a boil, then reduce to a simmer, heat for ten minutes, stirring occasionally.

Enjoy!

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