

Black-Eyed Peas and Collard Greens



Serving: 4



Preparing Time: 15 minutes min



Total Duration: 60 minutes min

Ingredients

- ♦ 2 cups black-eyed peas
- ♦ 4 cups chopped collard greens
- ♦ 1 ham hock or smoked turkey
- ♦ 1 onion
- ♦ chopped
- ♦ 3 cups broth
- ♦ Salt and pepper

Directions

- ♦ Sauté onion in a pot.
- ♦ Add peas, greens, meat, and broth.
- ♦ Simmer until tender. Serve warm.
- ♦ Equipment: Pot, spoon
- ♦ Nutrition (per serving): Protein 22g, Carbs 28g, Fat 9g, Fiber 7g

Notes

Warm peas and greens cooked with smoked meat.
Many families eat this dish on the first day of the year for good luck.

