

Fresh Black-Eyed Peas

Ingredients

3 cups fresh black-eyed peas
2 tsp olive oil
1 cup chopped onion
1/4 tsp minced garlic
2 1/2 cups vegetable broth
1/2 tsp ground cumin
1/2 tsp smoked paprika
1/4 tsp ground red pepper
1/4 tsp salt
1 bay leaf

Directions

1. Sort and wash peas; set aside
2. Heat oil in medium saucepan over medium-high heat. Add onion and garlic to pan; sauté 5 minutes.
3. Stir in peas, broth and remaining ingredients; bring to a boil. Cover, reduce heat and simmer 20 minutes or until peas are tender.
4. Discard bay leaf; serve.

Nutrition Information makes 6 servings

2/3 cup per serving

Calories: 120
Fat: 2.5 g
Cholesterol: 0 mg
Sodium: 440 mg
Carbohydrate: 20 g
Fiber: 4.5 g
Protein: 7 g



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