

# Black-Eyed Pea Soup

## Ingredients

- 5 cups Water
- 1/2 cup dried Black-Eyed Peas
- 1/2 small Onion
- 1 Celery Rib
- 1/2 Red Bell Pepper
- 2.5 cups Low-Sodium Vegetable Broth
- 1/2 tsp dried Thyme
- 1.5 tbsp Paprika
- 1 small Bay Leaf
- 1/4 tsp Black Pepper
- 2 cloves Garlic
- 1/2 Chipotle Chile
- 1 tsp Balsamic Vinegar
- 1 cup Collard Greens



## Directions

1. Soak the black-eyed peas overnight in water. Drain in the morning.
2. Prep the veggies: dice onion, celery, bell pepper, and chipotle chili, chop collard greens into ribbons, mince garlic.
3. Heat a large pot and add the onion, celery, and bell pepper.
4. Cook, stirring occasionally. If vegetables start to stick or burn, add 1 tablespoon of broth at 5 minutes intervals as needed.
5. Add the thyme, smoked paprika, bay leaf, and pepper. Stir.
6. Add the garlic and chipotle chili. Stir quickly for 30 seconds.
7. Add the remaining broth and balsamic vinegar.
8. Stir in the black-eyed peas and collard greens. Bring the mixture to a boil and reduce heat to simmer for 1 hour. Discard bay leaf.
9. Makes 3 servings that are full of veggies and warm for the fall!

**Black-eyed peas are rich protein, and fiber. Paired in this soup with a variety of vegetables, this soup is a great warm dish to enjoy this fall that is also great for diabetes management.**

