



VEGAN BLACK-EYED PEAS STEW

FROM IESHA MURRY

INGREDIENTS

- 1 pound dried black-eyed peas, sorted and rinsed
- 12 oz package of frozen sliced okra
- 1 teaspoon cumin
- 1 medium diced onion
- 1 - 14oz can diced tomatoes
- 1 green bell pepper, diced
- 4 cloves garlic, minced
- ½ teaspoon crushed red pepper
- 1 teaspoon smoked paprika
- 1/2 teaspoon dried thyme
- 1 teaspoon dried sweet basil
- 1/4 teaspoon dried rosemary
- 5 cups vegetable broth
- 1 bay leaf
- 1 teaspoon hickory smoked salt

DIRECTIONS

1. In medium Dutch oven, sauté onions and bell pepper until onions are soft, about 2-3 minutes.
2. Stir in garlic, basil, rosemary, smoked paprika, thyme, and cumin until fragrant.
3. Add black-eyed peas, okra, vegetable broth, bay leaf, tomatoes, red pepper, salt.
4. Bring all ingredients to a boil over high heat. Reduce heat to medium; simmer, cook 60 mins or until peas are tender.