



**Classic and Essential Nutrition**  
A Corporate Nutrition & Healthy Lifestyles Consultancy



## Red Red - African Stewed Black-eyed Peas (6 servings)

### Ingredients

- |   |                                |
|---|--------------------------------|
| 1 lb Black-eyed peas                              | 4-6 plum Tomatoes              |
| 4 Tbsps Palm oil ( <i>or any vegetable oil</i> )  | 1 cup Tomato sauce             |
| 1 med. red onion                                  | Vegan bouillon cube            |
| 1 Red bell pepper                                 | 1 tsp Curry powder             |
| 1/2 Tbsp minced garlic                            | 1-3 tsps Cayenne pepper        |
| 1-inch piece of ginger - <i>peeled and grated</i> | Salt and black pepper to taste |
| 1 medium green onion                              |                                |

### Preparation

- Add black-eyed peas to pot/bowl with cold water. Rinse thoroughly, drain and repeat.
- Soak the peas in 6-8 cups of water overnight or at least 8 hours in the refrigerator.
- Drain and rinse beans after soaking.
- Place peas in a medium-sized pot, and pour enough water to covered.
- Place the pot over medium heat and let peas cook for about 1 hour or until they are tender. Once done, set aside.
- In a large pot, heat two tablespoons of palm oil. Add chopped onion and sauté for about 3 minutes until translucent.
- Add grated ginger, minced garlic, bell pepper, and green onion. Sauté for 1-2 minutes.
- Add chopped tomatoes, tomato sauce, bouillon, cayenne pepper, curry powder, black-eyed peas and black pepper to taste.
- Mix well and let the mixture cook for about 10 minutes.
- Using a potato masher, mash black-eyed pea mixture slightly so that the stew gets a creamy consistency.
- Add two tablespoons of palm oil, and season it with salt to taste.
- *Serving Suggestion: Add a cup of peas/chopped carrots for additional vegetables.*