



Spicy Collards and Black-eyed Pea Soup (6 servings)

Ingredients

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| 2 onions diced | 1 1/2 tsp dried thyme, divided |
| 2 ribs celery diced | 1 tsp oregano, divided |
| 2 cups multi-color bell peppers, diced | 1 16-ounce can tomatoes (<i>fire-roasted preferred</i>) |
| 2 cups orange/yellow carrots, sliced | 1 Tbsp double strength tomato paste, or |
| 3-4 cloves garlic, minced | 2 Tbsps of regular tomato paste |
| 2 cups dried black-eyed peas
(<i>picked over and rinsed</i>) | 1/4 tsp cayenne pepper to taste |
| 3 cups cooked Quinoa | 1/2 tsp chipotle pepper, to taste |
| 6 cups water | 1/2 tsp smoked Spanish paprika |
| 1 pound collard greens, tough stems
removed, and greens chopped | 1-2 tsp salt, to taste |
| | 1/4 tsp black pepper |
| | (<i>Additional water, or vegetable broth as needed</i>) |

Preparation

- Heat a pressure cooker, or large pot, and add the onions. (For those using an electric pressure cooker, use the “sauté”, or “browning” setting.) Sauté onions for about 5 minutes, until they begin to brown. Add the celery, red/yellow/orange peppers, sliced carrots and garlic, and cook, stirring, for 3 more minutes.
- Add black-eyed peas, water, 1 teaspoon of the thyme, and 1/2 teaspoon of oregano.
- **Cooking:** If using a pressure cooker, seal the cooker and cook for 10 minutes after it reaches high pressure; use a quick-release method to bring down the pressure.
- If cooking in a regular pot, cook until peas are tender, about 45-55 minutes. (*continued*)



- Once the peas are tender, add the reserved herbs and all remaining ingredients and simmer on low for at least 25 minutes to allow flavors to develop. If the soup is too thick, add up to two cups of water, or vegetable broth, until it's the consistency of soup. *(For those using an electric pressure cooker, use the "sauté," or "browning" setting and adjust the heat to low if possible, or use the "keep warm" feature.)*

Optional:

- Serve with Quinoa rice.
- Garnish with fresh oregano

Nutritional Information *(242 calories per serving)*

<i>Fat:</i>	9g
<i>Saturated Fat:</i>	1g
<i>Sodium:</i>	488mg
<i>Carbohydrates:</i>	45g
<i>Fiber:</i>	11g
<i>Protein:</i>	16g