

West African Black Eyed Pea Stew



SIZE

For 4

PREPARATION

50 min

DIFFICULTY



Level 1



Level 2



Level 2



Walk in the door. Look in your cabinets. And then make this comforting soup inspired by the West African Black-Eyed Pea Stew “Red Red”. Vegan, and made with mostly pantry staples, you may even find yourself looking forward to Meatless Monday all weekend long.

Ingredients

- 1/4 C** coconut oil
- 1** medium red onion, chopped
- kosher salt and ground black pepper
- 2** fresno or jalapeno chilies, stemmed, seeded, and thinly sliced
- 1 Tbsp** fresh ginger, grated or finely minced
- 1 Tbsp** tomato paste
- 2 tsps** ground turmeric
- 2 tsps** curry powder
- 3 cans** black eyed peas, rinsed & drained
- 5 Cups** water
- 1 jar** not just pasta sauce
- 1-2** large sweet potatoes, diced into ½ in. pieces (about 8 oz.)
- chopped fresh cilantro & lime wedges, to serve

Process

1

In a large dutch oven over medium-high, heat the coconut oil until shimmering. add the onion, 2 teaspoon salt and ½ teaspoon pepper and cook until beginning to turn golden brown, about 5 minutes. stir in the fresnos, ginger, tomato paste, turmeric, and curry powder and cook until fragrant, about 1 minute.

2

Stir in the black eyed peas, water, and not just pasta sauce and bring to a simmer over medium high. reduce to medium and cook, maintaining a gentle simmer, until slightly thickened and the flavors meld, about 15 minutes. add the sweet potatoes and 1 teaspoon salt, cover and cook over medium low for another 15 minutes until tender.

3

Season to taste, and transfer to serving bowls. garnish with cilantro and lime wedges.