

Southern Black-Eyed Peas

with Veggie Heaven



Serves: 4-6

Skill Level: Easy

Time:

Hands on (active): 20-25 min

Flavor Fusion Time (inactive): 1.5 - 2 hours

Ingredients:

1 tablespoon olive oil or butter

1 cup celery, diced

1 red bell pepper, diced

1 medium onion, diced

1 ham hock (omit for vegetarian dish)

1 pound dried black-eyed peas, rinsed and soaked overnight (or use quick-soak method)

6 cups chicken or vegetable stock (or water)

3 tablespoons Fennel & Fire Veggie Heaven

Instructions:

1.) Sauté the Vegetables

2.) Heat olive oil or butter in a large pot over medium heat. Add the diced celery, red bell pepper, and onion. Sauté until the vegetables are soft and fragrant, about 5-7 minutes.

3.) Add the Ham Hock

Nestle the ham hock into the pot with the sautéed vegetables, allowing it to heat slightly and release some of its flavor.

4.) Add the soaked and drained black-eyed peas to the pot. Pour in the stock.

5.) Season with 2 Tablespoons of Veggie Heaven. Stir.

6.) Bring the mixture to a gentle boil, then reduce the heat to low. Cover and simmer for 1.5 to 2 hours, stirring occasionally, until the peas are tender and creamy. If the liquid reduces too much, add a bit more water or stock as needed.

7.) Taste and Adjust with remaining Tablespoon of Veggie Heaven

8.) Season to taste with Fennel and Fire Fire Salt

9.) Remove the ham hock from the pot. If desired, shred the meat from the hock and stir it back into the black-eyed peas.

10.) Serve warm as a side dish, with cornbread, or over rice for a complete meal. Garnish with freshly chopped parsley or green onions.

EXCITE YOUR TASTE BUDS,

FennelAndFire.com

naturally