

Southern Black Eyed Pea Chili

Yield: 9 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-lady-black-eyed-pea-and-cabbage-recipe>

Ingredients:

- 1 tablespoon olive oil
- 3 garlic cloves minced
- 3 pounds pork shoulder
- 2 cups black eyed peas dried
- 28 ounces crushed tomatoes
- 15 ounces tomato sauce
- 1 cup frozen riced cauliflower
- 1/4 cup brown sugar
- 1/4 cup Worcestershire sauce
- 6 cups beef stock
- 1 tablespoon cumin
- 2 teaspoons chili powder
- salt
- pepper

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 100 milligrams
4. Fat: 14 grams
5. Fiber: 4 grams
6. Protein: 41 grams
7. SaturatedFat: 4 grams
8. Sodium: 910 milligrams
9. Sugar: 11 grams

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