

# Slow-Cooker Southern Black-Eyed Pea Soup

Yield: 6 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-soup-bean-recipe-crock-pot>

## Ingredients:

- 1 tablespoon vegetable oil
- 8 ounces kielbasa sausage, halved lengthwise and sliced 1/2-inch thick kielbasa, halved lengthwise and sliced 1/2-inch thick
- 2 onions chopped
- 3 cloves garlic minced
- 1 teaspoon Cajun seasoning
- 6 cups chicken broth
- 2 cups water
- 8 ounces black eyed peas dried, picked over and rinsed
- 1 pound collard greens stemmed and cut into 1-inch pieces
- 1/2 cup long-grain white rice and wild rice blend
- 1 teaspoon hot sauce
- salt
- pepper

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 25 milligrams
4. Fat: 16 grams
5. Fiber: 4 grams
6. Protein: 23 grams
7. SaturatedFat: 4 grams
8. Sodium: 490 milligrams
9. Sugar: 2 grams

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