

Good Luck Black-Eyed Peas

Yield: 6 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-style-black-eyed-peas-recipe>

Ingredients:

- 1 pound black eyed peas fresh or dried, rinsed and picked over
- 1 cup yellow onions chopped
- 2 garlic cloves peeled
- 1 quart water or more, as needed
- 3/4 teaspoon salt
- 1/2 teaspoon ground black pepper freshly
- 1/4 teaspoon tabasco
- ham
- 1/2 pound smoked sausage
- 1/4 cup fresh parsley leaves chopped
- 1/2 cup green onions chopped, green and white parts
- long-grain white rice Hot cooked

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 56 grams
3. Cholesterol: 45 milligrams
4. Fat: 18 grams
5. Fiber: 1 grams
6. Protein: 29 grams
7. SaturatedFat: 6 grams
8. Sodium: 1050 milligrams
9. Sugar: 1 grams
10. TransFat: 1 grams

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