

# Black Eyed Peas with Ham Hock

Yield: 8 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/black-mexican-american-dad-recipe>

## Ingredients:

- 2 tablespoons vegetable oil
- 1 onion sliced
- 2 celery stalks diced
- 2 garlic cloves
- 1 handful chili pepper to taste
- 1 bay leaf
- 1/2 teaspoon dried thyme
- 1/4 teaspoon black freshly ground, pepepr
- 1 smoked ham hock about 1 1/2 to 2 pounds
- 1 pound black-eyed peas rinsed and soaked overnight in cold water, then drained
- 1 teaspoon salt

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 5 milligrams
4. Fat: 4.5 grams
5. Protein: 14 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 340 milligrams
8. Sugar: 1 grams

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