

# New Year's Pork, Black-Eyed Peas and Greens

Yield: 8 min  
Total Time: 500 min

Recipe from: <https://www.recipeschoose.com/recipes/black-folks-new-year-s-meal-recipe>

## Ingredients:

- 1 pound pork chops lean, white meat
- 24 ounces black-eyed peas pre-soaked
- 15 ounces diced tomatoes
- 1 onion medium, diced
- 12 cups greens cleaned kale, sliced or chopped
- 4 tablespoons reduced sodium soy sauce or Braggs liquid aminos
- 2 tablespoons worcestershire sauce
- 1 tablespoon liquid smoke
- 1 tablespoon hot sauce
- 1/2 cup sodium free chicken stock or reduced-sodium
- 1 tablespoon light brown sugar
- 1 tablespoon cumin powder
- 1 tablespoon minced garlic
- 1 tablespoon fresh thyme chopped
- 1 tablespoon crushed red pepper flake
- 1 tablespoon chili powder chipotle
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 1 cinnamon stick
- 2 bay leaves
- oil as needed

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 61 grams
3. Cholesterol: 25 milligrams
4. Fat: 6 grams

5. Fiber: 3 grams
  6. Protein: 35 grams
  7. SaturatedFat: 1.5 grams
  8. Sodium: 920 milligrams
  9. Sugar: 5 grams
- 

Thank you for visiting our website. Hope you enjoy New Year's Pork, Black-Eyed Peas and Greens above. You can see more 19+ black folks new year's meal recipe Experience culinary bliss now! to get more great cooking ideas.