

New Year Stew

Yield: 4 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/wbur-new-year-recipe>

Ingredients:

- 2 whole collard greens Bunches, Washed, Stemmed, And Rough Chopped
- 2 whole smoked ham hocks
- 1 pound cooked ham Diced To About 1/2"
- 7 cups water
- 15 ounces black eyed peas Rinsed
- 14 ounces chicken broth Low Sodium
- 2 stalks celery Washed And Sliced To 1/4"
- 1 whole onion Medium, Diced
- 1 tablespoon worcestershire sauce
- 1 1/2 tablespoons garlic salt
- 2 teaspoons Creole seasoning

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 70 grams
3. Cholesterol: 60 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 56 grams
7. SaturatedFat: 3 grams
8. Sodium: 1630 milligrams
9. Sugar: 3 grams

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