

Pressure Cooked Black Eyed Pea Soup for the New Year

Yield: 7 min
Total Time: 75 min

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

Ingredients:

- 1 1/2 cups black eyed peas soaked overnight
- 1/2 cup yellow split peas soaked with the peas
- 1/2 cup millet
- 1 onion medium, diced to equal about 1 cup
- 2 stalks celery diced
- 2 carrots diced
- 2 bay leaves
- 2 sprigs thyme
- 1 sprig rosemary
- salt
- herb
- seasoning
- 6 cups homemade vegetable stock
- 4 cups greens or more chopped
- 1 1/2 cups tomato sauce or diced or crushed tomatoes

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 42 grams
3. Fat: 2.5 grams
4. Fiber: 8 grams
5. Protein: 11 grams
6. SaturatedFat: 1 grams
7. Sodium: 400 milligrams
8. Sugar: 8 grams

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