

Black Eyed Pea Soup

Yield: 8 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/black-eyed-pea-soup-recipe-indian>

Ingredients:

- 2 tablespoons olive oil
- 1 red bell pepper diced small
- 1 carrot diced
- 1 onion diced small
- 4 cloves garlic minced
- 1 jalapeno seeded and diced very small
- 2 cups diced ham
- 8 cups chicken broth
- 1 bay leaf
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- kosher salt
- black pepper
- 24 ounces black eyed peas pre-soaked
- 4 cups kale removed from stem and loosely chopped

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 61 grams
3. Cholesterol: 30 milligrams
4. Fat: 12 grams
5. Fiber: 2 grams
6. Protein: 36 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 940 milligrams
9. Sugar: 2 grams

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