

Black-Eyed Pea Stew

Yield: 7 min
Total Time: 165 min

Recipe from: <https://www.recipeschoose.com/recipes/new-years-black-eye-pea-recipe>

Ingredients:

- 3 tablespoons vegetable oil or lard
- 1 1/2 cups onions chopped
- 1 1/4 pounds smoked ham hocks or hot Italian sausage links
- 2 teaspoons chopped garlic
- 14 1/2 ounces diced tomatoes or crushed
- 1 quart homemade chicken stock or store-bought
- 1 pound black eyed peas dried
- 3 cups cold water
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 1 grams
6. Protein: 20 grams
7. SaturatedFat: 1 grams
8. Sodium: 390 milligrams
9. Sugar: 6 grams

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