

New Years Black Eyed Peas and Greens

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/black-eyed-peas-new-years-recipe-vegan>

Ingredients:

- 2 tablespoons oil I like avocado oil
- 1 yellow onion finely chopped
- 3 garlic cloves minced
- 2 greens bundles of, about 5 cups, stem removed and chopped, collard greens, swiss chard, kale, etc.
- 1/2 cup vegetable broth I like Better Than Bouillon
- 30 ounces black-eyed peas drained and rinsed
- 1/2 lemon
- 1/4 teaspoon crushed red pepper
- salt
- pepper

Nutrition:

1. Calories: 810 calories
2. Carbohydrate: 132 grams
3. Fat: 10 grams
4. Fiber: 2 grams
5. Protein: 51 grams
6. SaturatedFat: 2 grams
7. Sodium: 360 milligrams
8. Sugar: 1 grams

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