

Down-Home Black-Eyed Peas

Yield: 12 min
Total Time: 180 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-black-eyed-peas-and-okra-recipe>

Ingredients:

- 3 cups black-eyed peas
- 12 cups water
- 3 pounds smoked ham hocks
- 1 1/4 cups chopped onion
- 1 cup chopped celery
- 1 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1 bay leaf
- 10 ounces okra frozen sliced, thawed

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 16 grams
3. Fiber: 1 grams
4. Protein: 6 grams
5. Sodium: 220 milligrams
6. Sugar: 1 grams

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