

Black Eyed Peas with Ham

Yield: 8 min

Total Time: 108 min

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

Ingredients:

- 1/2 pound black eyed peas dried
- 1 tablespoon olive oil
- 2 carrots diced
- 2 stalks celery diced
- 1/2 onion large, diced
- 2 cloves garlic minced
- 2 smoked ham hocks
- 1 bone or use any pork bones
- 8 cups water
- 3 cups diced ham
- 2 tomatoes large, diced
- 5 handfuls kale leaves torn, tough stems removed
- salt to taste

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 50 milligrams
4. Fat: 10 grams
5. Fiber: 2 grams
6. Protein: 22 grams
7. SaturatedFat: 3 grams
8. Sodium: 1240 milligrams
9. Sugar: 2 grams

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