

Gluten-Free Vegan Instant Pot Black-Eyed Peas

Yield: 8 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-instant-pot-cabbage-recipe>

Ingredients:

- jalapenos diced
- carrots diced
- cabbage
- celery
- red bell pepper
- hot sauce
- cayenne pepper
- broth veggie
- 1 pound dried black-eyed peas
- 4 cups broth
- 6 cups dried black-eyed peas
- 6 cups broth
- 1 pound dried black-eyed peas + enough water to cover the peas + 2-3 inches over the top of the peas
- 1 pound peas organic dried black eye, 2 1/2 cups
- 4 cups organic vegetable broth
- 4 cups water filtered/purified, filtered/purified
- 1 cup onion organic, diced
- 2 cloves garlic organic, freshly crushed
- 3 bay leaves organic dried
- 1 teaspoon ground black pepper organic
- 1 teaspoon Himalayan pink salt
- jalapenos unchecked? organic, diced, to taste
- shallots unchecked? organic, diced, to taste
- organic carrots unchecked?, diced, to taste
- celery unchecked? organic, diced, to taste
- cabbage unchecked? organic, chopped
- hot sauce unchecked?, to taste

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 5 milligrams
4. Fat: 2 grams
5. Fiber: 6 grams
6. Protein: 10 grams
7. Sodium: 1560 milligrams
8. Sugar: 8 grams

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