

Southern Black-eyed Peas

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/dry-black-eyed-peas-italian-recipe>

Ingredients:

- 2 cups dry black-eyed peas
- 8 ounces pancetta chopped
- 1 cup diced onions
- 3 garlic cloves minced
- 4 cups chicken broth
- 1 bay leaf
- 1/2 teaspoon chili pepper flakes ancho
- 1 cup kale fresh, cut into bite-sized pieces
- smoked salt
- freshly ground black pepper
- 2 tablespoons parsley minced
- 1 dash hot sauce
- jalapeño peppers sliced for garnish, optional

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 25 milligrams
4. Fat: 4.5 grams
5. Fiber: 2 grams
6. Protein: 17 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 880 milligrams
9. Sugar: 2 grams

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