

Southern Black-Eyed Peas (Vegan)

Yield: 8 min
Total Time: 111 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-southern-kitchen-tofu-recipe>

Ingredients:

- 1 pound dried black-eyed peas sorted and soaked overnight or for 8 hours
- 8 cups water or vegetable broth
- 1 onion medium, chopped
- 4 cloves garlic minced
- 1/2 cup bell pepper chopped, I used both red and green
- 2 thyme aprigs, or 1 teaspoon dried
- 1/2 teaspoon cayenne pepper
- sea salt to taste
- 1 tablespoon olive oil
- 2 tofu
- 1 teaspoon smoked paprika

Nutrition:

1. Calories: 25 calories
2. Carbohydrate: 3 grams
3. Fat: 2 grams
4. Fiber: 1 grams
5. Sodium: 110 milligrams
6. Sugar: 1 grams

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