

Instant Pot Black Eyed Pea Soup

Yield: 9 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-soup-recipe-pork-mustard-green>

Ingredients:

- 6 slices bacon
- 1 yellow onion medium, diced
- 2 celery ribs, thinly sliced
- 1 large carrot grated
- 4 cloves garlic minced
- 1 cup cubed ham 1/8 inch cubes or slightly bigger
- 64 ounces chicken broth low-sodium
- 1 teaspoon sea salt kosher
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon garlic powder
- 1/4 teaspoon paprika
- 1 pinch cayenne pepper
- 1 pound dried black-eyed peas
- 1/2 cup wild rice blend
- 1 1/2 cups mustard greens or chopped collard

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 25 milligrams
4. Fat: 13 grams
5. Fiber: 2 grams
6. Protein: 13 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 830 milligrams
9. Sugar: 2 grams

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