Recipe provided by: TUFTS UNIVERSITY

Difficulty: More Involved
Serves: 6

BLACK EYED PEA STEW

WINTER SEASONAL HIGHLIGHT

INGREDIENTS:

- 2 Tbsp olive oil
- 1 medium onion, sliced
- 2 tsp garlic, minced
- 8 cups low-sodium chicken broth
- 3/4 cup barley
- 1 cup finely chopped sun-dried tomatoes
- 1 Tbsp finely chopped fresh oregano
- 1 tsp or dried Freshly ground black pepper to taste
- Red pepper flakes to taste
- 2 Tbsp balsamic vinegar
- 1 bunch (about 2 cups) kale, stems removed and roughly chopped
- 3 cups cooked black-eyed peas (from dry or canned, rinsed and drained— preferably no salt added or low sodium)
- 1/2 tsp salt

DIRECTIONS:

1. Heat the oil in a heavy-bottomed stock pot over medium heat.
2. Add the onion and garlic. Cook until the onions are translucent, stirring often, about 5 minutes.
3. Add chicken broth, barley, tomatoes, oregano, pepper, red pepper flakes, and balsamic vinegar.
4. Bring to a boil then reduce heat and simmer until barley is soft, approximately 30 minutes.
5. Add kale and black-eyed peas and cook an additional 10 minutes.
6. Serve immediately or cover, refrigerate, and reheat before serving.