

Black-Eyed Pea and Collard Greens Soup

This hearty and delicious soup will make a great meal on a cold night. Serve with some whole wheat bread and a salad for an easy weekday dinner.

Makes: 6 servings

Ingredients

- 2 cans no-salt added black-eyed peas (15 ounces each)
- 1 tablespoon oil
- 1 medium onion, chopped
- 2 teaspoon garlic powder
- ¼ pound ham, chopped
- 3 cups collard greens, stems removed and chopped (about ½ pound)
- 1 can low-sodium chicken or vegetable broth (14.5 ounces)
- salt and pepper to taste
- 2 teaspoons apple cider vinegar



Directions

1. Drain and rinse the black-eyed peas.
2. Place oil, onion, garlic, and ham in a large pot over medium heat. Stir occasionally until onion is clear, about 3-5 minutes.
3. Add collard greens and broth to the pot.
4. Cover and simmer for about 20 minutes until the collard greens are tender.

5. Place half of the black-eyed peas in a small bowl and mash with a fork. Stir the mashed and whole peas into the soup. Simmer for another 5 minutes.
6. Taste and add a small amount of salt and black pepper if desired.
7. Stir in vinegar just before serving.

Notes

- Preparing collard greens: First, remove any damaged outer leaves. Fill a large bowl with cold water and dunk the greens. Swish them around for a few minutes to help loosen any dirt on the leaves. Pour out the dirty water and fill the bowl with clean water. Swish the leaves under the clean water again to remove any additional dirt. Continue this process until the water in the bowl remains clear.
- To cut collard greens, fold each leaf in half with the stem at the fold crease. Either cut or tear the stem off. Stack several leaves on top of each other and roll the leaves up. Cut the roll of leaves into 1-inch thick pieces.

Recipe from: *Eating Smart, Being Active*, Colorado State University Extension, adapted by the USDA Food and Nutrition Administration.

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