

U.S. Virgin Islands

Pigeon Pea Soup

Featured Food: Pigeon Peas

Makes: 10 servings

Ingredients

- 1 pound pigeon peas, rinsed
- 2 quarts water
- 1 pound cooking ham
- ½ pound pumpkin, peeled and cubed
- 1 pound sweet potatoes, yam or tannier, peeled and cubed
- 1 onion, chopped
- black pepper to taste
- 2 sprigs thyme
- 2 sprigs celery leaves, chopped
- 1 clove garlic, crushed
- 1 can diced whole tomatoes (14.5 ounces)
- 2 tablespoons butter



Directions

1. Place pigeon peas, ham, and pumpkin in a pot with 2 quarts of water. Cover and cook on low until peas are soft.
2. Add all other ingredients and let cook until seasonings are soft.

Note: Pig tail and pig feet can also be added for extra flavor. Add ½ pound of each in step 1.

Recipe from: *Native Recipes*, College of the Virgin Islands, Virgin Islands Cooperative Extension Service, adapted by the USDA Food and Nutrition Administration.

###

USDA is an equal opportunity provider, employer, and lender.