

# Black-Eyed Pea Soup

HEALTHIER TRADITIONS COOKBOOK™

Soul Food

45 MINUTES | SERVES 4

## INGREDIENTS

- 2 tablespoons olive oil
- 1 medium sweet onion, diced
- 2 celery stalks, diced
- 2 carrots, diced
- 2 medium garlic cloves, minced
- 1 tablespoon chili powder
- 2 teaspoons smoked paprika
- 1 teaspoon cumin
- 1 teaspoon dried oregano
- ¼ teaspoon cayenne
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 3 cups cooked black-eyed peas (about 2 cans, drained, or cooked from 1 cup dried peas)
- 1 15-ounce can low-sodium diced tomatoes
- 4 cups low-sodium vegetable broth
- 3 cups chopped kale
- 1 tablespoon apple cider vinegar
- ¼ cup fresh parsley, chopped (optional)

## DIRECTIONS

1. Heat the olive oil in a large soup pot over medium heat. Once hot, add onions, celery, and carrots. Cook 5–7 minutes, stirring occasionally, until softened. Add the garlic and spices, stir to combine, and cook for 1 more minute
2. Stir in the cooked black-eyed peas, diced tomatoes, and broth. Bring to a boil and then reduce to a simmer. Cover and simmer the soup for about 15–20 minutes.
3. Add in the chopped greens and stir to combine. Just before serving, stir in vinegar. Serve hot in bowls and top with parsley, if desired.

## NUTRITION FACTS

281 calories, 12g fat, 3g saturated fat, 620mg sodium, 20g carbohydrate, 2g fiber, 2g sugar, 23g protein