

# Joy of Living Cooking School

## January 2024 – Soup & Chili

### **Smoky Instant Pot Black Eyed Peas & Greens (Vegan)**

Author Minimalist Baker

1 Tbsp olive or avocado oil (if water or broth for oil, put twice the amount + 1 Tbsp as needed to prevent sticking)

1 medium yellow or white onion, diced

1 medium red bell pepper, diced

3 cloves garlic, minced

1 ¼ cups dry black eyed peas (no need to soak // see notes if using canned)

3 ½ cups [vegetable broth](#) (DIY or we like Pacific brand)

2 bay leaves

2 tsp smoked paprika

1/4 tsp cayenne pepper (omit for less heat)

2 Tbsp [coconut aminos](#) (or sub tamari but reduce amount by half as its saltier)

1 tsp liquid smoke (adds a smoky “bacon” flavor)

1/2 tsp each sea salt

1 small bundle collard greens (or kale), bulky stems removed, leaves chopped into bite-sized pieces (~6 cups chopped)



#### **INSTANT POT (with dry black eyed peas)**

Press “SAUTE” on the [Instant Pot](#). Once hot, add oil and onion and sauté for 4-5 minutes, stirring occasionally, until onion is tender and translucent.

Add bell pepper and minced garlic and sauté for 1 additional minute, then press “CANCEL”.

Add all remaining ingredients *except collard greens* and stir to combine. Then top with collard greens, but don’t stir (this helps keep the beans submerged in the liquid rather than some winding up on top of the greens).

Cover with lid, press “PRESSURE COOK”, and cook on high for 17 minutes. Allow to naturally release pressure for 15 minutes, then manually release any remaining pressure.

Remove bay leaves and stir. Taste and adjust seasonings as needed, adding more paprika and/or liquid smoke for smokiness, cayenne pepper for heat, salt to taste, or coconut aminos for depth of flavor.

#### **STOVETOP (with dry black eyed peas)**

Soak black eyed peas in cool water for 12-24 hours, then drain and set aside.

Heat a large pot over medium heat. Once hot, add oil and onion and sauté for 4-5 minutes, stirring occasionally, until onion is tender and translucent.

Add bell pepper and minced garlic and sauté for 1 additional minute or until tender and fragrant.

Add all remaining ingredients except collard greens and stir to combine. **Use an additional 1/2 cup (120 ml) more vegetable broth for this method** (amount as additional recipe is written // adjust if altering batch size).

Bring to a boil over medium-high heat. Once boiling, reduce to a simmer, cover, and cook for 30 minutes, stirring occasionally and adding more liquid if needed to fully submerge peas.

After 30 minutes, the black eyed peas should be al dente. At this time, add the collard greens, stir, and continue cooking for 20-30 minutes, stirring occasionally, until the peas are tender and the greens are wilted and darker green. If there is too much liquid, remove the lid, increase heat, and allow some of the liquid to evaporate off.

Remove bay leaves and stir. Taste and adjust seasonings as needed, adding more paprika and/or liquid smoke for smokiness, cayenne pepper for heat, salt to taste, or coconut aminos for depth of flavor.

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## January 2024 – Soup & Chili

### Smoky Instant Pot Black Eyed Peas & Greens (Vegan) – cont'd

#### STOVETOP (with canned black eyed peas)

Slightly drain canned black eyed peas and set aside.

Heat a large pot over medium heat. Once hot, add oil and onion and sauté for 4-5 minutes, stirring occasionally, until onion is tender and translucent.

Add bell pepper and minced garlic and sauté for 1 additional minute or until tender and fragrant.

Add all remaining ingredients (**use only half the amount of vegetable broth for this method or it will be soupy**) and stir to combine. Bring to a boil over medium-high heat. Once boiling, reduce to a simmer, cover, and cook for 20-30 minutes, stirring occasionally, or until the greens are wilted and darker green. If there is too much liquid, remove the lid, increase heat, and allow some of the liquid to evaporate off.

Remove bay leaves and stir. Taste and adjust seasonings as needed, adding more paprika and/or liquid smoke for smokiness, cayenne pepper for heat, salt to taste, or coconut aminos for depth of flavor.

#### Notes

\*If using **canned black eyed peas**, cook on the stovetop instead of the Instant Pot otherwise they'll get too mushy.

\*Nutrition information is a rough estimate calculated without optional ingredients.

\*Adapted from [Simply Happy Foodie](#) and the Good Luck Black Eyed Peas from the [Sweet Potato Soul Cookbook](#).

#### Nutrition (1 of 4 servings)

1 serving Calories: 242 Carbohydrates: 39.9 g Protein: 12.7 g Fat: 5.5 g Saturated Fat: 0.5 g Polyunsaturated Fat: 0.43 g Monounsaturated Fat: 2.48 g Trans Fat: 0 g Cholesterol: 0 mg Sodium: 945 mg Potassium: 604 mg Fiber: 10.6 g Sugar: 7.4 g Vitamin A: 1398 IU Vitamin C: 41.21 mg Calcium: 186.32 mg Iron: 3.75 mg

PREP TIME 10 minutes

COOK TIME 38 minutes

TOTAL TIME 48 minutes

Servings 4

Store leftovers covered in the refrigerator up to 3-4 days, or in the freezer for 1 month.

### No Chop Chili

Heat thoroughly the plant-based meat of your choice

Add the following:

2 cans beans of choice, rinsed and drained

1 can no salt added corn kernels (or frozen)

1 can low sodium diced tomatoes

1 small can green chiles

1 cup salsa

2 cups water

2 Tablespoons Chili powder

1 Tablespoon Cumin

1 tsp. oregano

Other seasonings that you like

Bring to boil, then simmer for about 25 minutes.

