

Seasonal Eating

Greek Black-Eyed Peas

2-3 tablespoons olive oil
1 large onion, chopped
4 cloves garlic, pressed
1 green bell pepper, chopped
2-3 carrots, chopped
1 (15-ounce) can diced tomatoes
2 cups chicken broth
1 bay leaf
1 1/2 teaspoons ground cumin
1 teaspoon dried oregano
1/2 teaspoon paprika
kosher salt and pepper, to taste
1/4 teaspoon red pepper flake (optional)
2 (15-ounce) cans black-eyed peas, drained and rinsed
juice of 1/2 lemon
1/2 cup chopped fresh parsley

In a large pot, heat the olive oil and sauté the onions for a few minutes until translucent. Add the garlic, bell pepper and carrots. Cook for 5 minutes, stirring occasionally. Add the tomatoes (with their juices), chicken broth, bay leaf, cumin, oregano, paprika, salt and pepper. Bring to a boil. Add the black-eyed peas and boil for 5 minutes. Lower the heat, cover and simmer for 25-30 minutes, stirring occasionally and adding water, if necessary. Stir in lemon juice and parsley just before serving.