Black-Eyed Peas with Sweet Potatoes and Greens

Source: Dr. Neal Barnard’s Program for Reversing Diabetes by Neal Barnard, MD; recipe by Bryanna Clark Grogan

A wonderful combination of flavors! Serve with brown rice or fat-free cornbread and hot sauce on the side.

About the Recipe

412 Calories · 32 g Protein · 22 g Fiber
Dinner
Gluten-free · Nut-free

Greens are nutritional powerhouses that are filled with calcium, iron, beta-carotene, fiber, and protein.

If you're following a gluten-free diet: Double check the veggie broth to make sure it doesn’t contain gluten.

Ingredients

Makes 4 Servings

- 1 10-oz (283-g) frozen kale, chard, or collard greens
- 4 c (960 mL) low-sodium vegetable broth
- 2 10-oz (567-g) frozen black-eyed peas, thawed and drained
- 2 c (510 g) cooked sweet potato, chopped; or 1 18-ounce can vacuum-packed unsweetened sweet potatoes, drained, rinsed, and chopped
- a few dashes liquid smoke

Directions

1. Thaw frozen greens in the microwave or a bowl of boiling water. If preferred, chard or collards can be substituted for kale. Chop and combine with broth, thawed from frozen black-eyed peas, minced garlic, chopped sweet potatoes (can use an 18-ounce (510 gram) can vacuum-packed unsweetened sweet potatoes, drained, rinsed, and chopped), and liquid smoke in a large saucepan.
2. Bring to a boil, stirring often, then reduce heat and simmer for 20 to 30 minutes.

Nutrition Facts

Per serving

Calories: 412
Fat: 4 g
    Calories from fat: 8%
Cholesterol: 0 mg
Protein: 32 g
Carbohydrates: 74 g
Sugar: 1 g
Fiber: 22 g
Sodium: 127 mg