Plant-Based Cooking

BLACK-EYED PEAS WITH GREENS

- 1 pound dry black eyed peas
- 1 cup yellow onion diced
- 3 cloves garlic minced
- 1 carrot peeled and diced
- 1 cup red bell pepper diced
- 1/2 tsp smoky paprika or liquid smoke
- 1 tsp dried oregano
- 1/2 tsp dried thyme
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper
- 6 cups homemade vegetable broth
- 2 cups chard, spinach or collard greens, sliced

Rinse peas under running water and remove any bad peas and small stones. Transfer to a medium saucepan. Cover in water by at least 3 inches and soak for at least 6 hours to overnight. Drain and rinse beans under cold water.

To a large pot over medium heat add 1/4 cup water (or vegetable broth), diced onion, garlic, carrots, and bell pepper. Sauté, stirring occasionally, until the onions are translucent.

Add paprika, oregano, thyme, salt, and pepper. Sauté a few more minutes.

Add drained beans and vegetable broth. Bring to a boil, reduce heat, and simmer, covered, about 45 minutes or until beans are tender. Add more broth as necessary. Stir in chard and simmer another 5 minutes until wilted. Season with salt and pepper.



Liquid smoke:

"Liquid smoke is a flavoring agent made by burning wood chips, capturing the smoke, and then condensing it in a liquid substance. Liquid smoke is used to provide certain foods with a smoky flavor without having to use actual wood smoke. Also known as wood vinegar and smoke flavor, liquid smoke is a natural product that people have been making for hundreds of years." From allrecipes.com

Is Liquid Smoke carcinogenic? In a 1971 study, it appeared that smoked foods are a risk but liquid smoke is not. "[M]ost of these carcinogens in smoke are fat-soluble, and so when you make a water-based solution, like liquid smoke, you capture the smoke flavor compounds without capturing most of the smoke cancer compounds." NutritionFacts. org



Diane Smith, the creator of **Plant-Based Cooking**, followed a health journey to a whole-food plant based diet. Her recipes don't use oil or processed foods.

Plant-Based Cooking with Diane Smith