

SOUTHERN BLACK-EYED PEAS (VEGETARIAN)



INGREDIENTS

- 16 ounces **black-eyed peas**
- 4 -6 cups vegetable stock or 4 -6 cups **water**
- 1 tablespoon vegetable oil
- 2 cups chopped **onions**
- 1 **carrot**, peeled and diced
- 4 **garlic cloves**, smashed and minced
- ½teaspoon **dried red pepper flakes**
- ½teaspoon **fresh ground black pepper**
- 1 teaspoon **dried leaf thyme**
- ¼teaspoon **dried oregano leaves**
- salt and pepper
- **Tabasco sauce**
- **olive oil**

DIRECTIONS

1. Rinse peas and pick over for bad or discolored peas and small stones; transfer to a medium saucepan. Cover with stock or water and bring to a boil. Reduce heat to a simmer and continue cooking for 5 minutes; set aside.
2. In a large stock pot heat vegetable oil over low heat. Add the onion, diced carrot, and garlic. Cook, stirring, until tender, about 6 to 8 minutes.
3. Add peas and enough stock or water to cover by 2 inches. Add pepper flakes, black pepper, thyme, and oregano. Bring to a boil; reduce heat to medium and simmer, covered, for about 1 hour. Uncover and cook for 30 to 45 minutes longer, or until peas are tender - the longer you cook them, the better they will be. Add more water or stock as needed to keep them moist.
4. Serve with olive oil, Tabasco, hot baked cornbread and a tossed salad or steamed collards.

<https://youtu.be/CWsx3mQLHrU?si=PL6qEjoaD66DH-vp>