



# VEGETARIAN BLACK EYED PEA STEW

Yield: 6 Servings

## Nutrition Facts

<b>Serving size</b>	<b>8 oz. (227 g)</b>
<b>Amount per serving</b>	<b>200</b>
<b>Calories</b>	
	<b>% Daily Value*</b>
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 255mg	<b>10%</b>
<b>Total Carbohydrate</b> 38g	<b>15%</b>
Dietary Fiber 4g	<b>15%</b>
Total Sugars 5g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 1mg	6%
Potassium 359mg	8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Ingredients

### Vegetarian Black Eyed Pea Stew

- ½ cup Yellow Onion, sliced
- ½ cup Celery, diced
- 3 teaspoons Garlic Cloves, minced
- 4 oz. Sweet Potato, peeled, diced
- ½ cup Parsnips, diced
- ½ cup Black Eyed Peas
- 1 cup Fresh Tomato, chopped
- 1 ½ teaspoons Fresh Parsley, chopped
- 2 oz. Spiced Pickled Red Onion
- 1lb 5 oz. Brown Rice, cooked
- 1 ½ cups Vegetable Broth
- 3 teaspoons Vegetable Oil

### Spiced Pickled Red Onion

- 1 ½ pints Red Onion, sliced
- ¾ cup Red Wine Vinegar
- ⅓ cup Sugar
- 1 each Cinnamon Stick

## Procedures

1. To prepare Spiced Pickled Red Onions, bring red wine vinegar, sugar, and cinnamon stick to a boil in a small stock pot.
2. When boiling, add onions and remove heat.
3. Cover with plastic wrap and let sit at room temperature for a minimum of 30 minutes. Can be left in liquid for a longer period of time.
4. Drain liquid and cinnamon stick and chill onions.
5. Heat a large pan or rondeau to medium heat. Add oil, onions, celery, garlic, and sauté for 3 to 4 minutes or until vegetables are slightly browned.
6. Add vegetable broth, sweet potatoes, parsnip and simmer for 15 to 20 minutes or until vegetables are tender.
7. Add drained black eye peas, tomato and simmer for 4 to 6 minutes or until everything is blended. Garnish with chopped parsley.
8. Place 1/2 cup brown rice in a bowl, top with 1/2 cup black eyed pea stew and garnish with 1 tbsp. pickled onions.