



BLACK-EYED PEAS

By Victoria Rose

Serves 2

Preparation Time: 10 minutes

Cook Time: 1 hour

INGREDIENTS:

1½ cups black-eyed peas (dry)

1 can tomato paste (6 ounces)

1 teaspoon ground sage

2 teaspoons maple syrup

4 teaspoons minced/dried onions

1 medium onion (yellow or white)

8-10 bella or white button mushrooms,
sliced

soy or tamari sauce

2 teaspoons parsley flakes

sea salt

cayenne (optional)

This recipe will convince you that healthy does taste better!

From CandidChef.com

Instructions:

Soak the black-eyed peas in double the water for 12-24 hours. Drain and rinse the beans. Bring the beans to a boil in 3 cups of water. Immediately add tomato paste, sage, maple syrup and minced/dried onions. Reduce to simmer, half covered for at least 35 minutes and check for desired tenderness at that point.

In a grilling pan or wok: slice the onions in circles and grill until golden while tossing every 2 minutes. Add the sliced mushrooms and keep tossing while sprinkling soy sauce as desired.

Check the beans for desired tenderness and add parsley flakes, sea salt and cayenne as desired. Serve the beans topped with the grilled mushrooms and onions.

Chef's Note:

I serve this with wild greens, tossed with fresh lemon and pepper. You can also serve it over brown rice.

Find this recipe and more in the [Forks Over Knives Recipe App](#).