

Recipe – Black-eyed Pea Soup (Level 2)

In a large soup pot, under medium heat, put enough olive oil to coat the bottom

Add:

- 1 large onion, chopped
- 5 chopped stalks of celery
- 5 carrots, chopped
- ½ head of cabbage, shredded

Mix in 1 pound of ground turkey and stir until browned

Add:

- 3 cups of cooked or canned black-eyed peas
- ½ cup brown rice
- 1 large can of broth and up to 1 large can of water
- Season with 1 cup of salsa that has no sugar or corn syrup

Cook until the rice and vegetables are tender, 20 – 30 minutes; serves 8 – 10