

Recipe – Collards and Black-eyed Pea Soup (Vegan and Non-vegetarian Versions_)

Ingredients:

- 1 large onion, diced
- 2 ribs celery, chopped
- 1 yellow pepper, diced
- 4 cloves garlic, chopped fine
- olive to coat the pan
- one pound black-eyed peas, cooked ahead
- 2 tsp Italian seasoning
- 1 bunch collard greens, chopped
- 1 16-ounce can fire roasted tomatoes (or fresh in season)
- 4 cups water
- 4 tsp organic vegetable soup base
- ¼ tsp cayenne
- ½ tsp paprika
- 2 TBS tomato paste
- hot sauce to taste
- may or may not need a little salt

Directions:

Coat the bottom of the pan with olive oil and sauté the onions until starting to brown.

Add the celery, pepper and garlic and sauté for a few minutes.

Add the black-eyed peas and remaining ingredients and enough water to cover the beans plus ½ inch. Stir in the soup base.

Allow to simmer about 20 minutes or until greens are soft enough.

Optional Addition:

4 sausages, steamed and browned in a little oil. Cut into disks and combine with the soup after the vegetarians have been served. We used organic lamb sausage