BLACK-EYED PEAS AND OKRA STEW

PREP TIME: 10 MIN
TOTAL TIME: 20 MIN
SERVINGS: 4

INGREDIENTS

- 1 medium onion, thinly sliced
- 2 Tbsp oil (olive, vegetable, or canola)
- 1-2 tsp fresh ginger, grated, or ½ tsp ground ginger
- 1 clove garlic, minced
- ¼ tsp or more of cayenne or Berbere spice
- 1 (15 oz) can crushed tomatoes
- 2 (15 oz) cans black eyed peas, drained
- 8 oz sliced okra, fresh or frozen
- Salt and pepper, to taste
- Rice for serving (optional)

DIRECTIONS

1. Heat oil in a medium saucepan over medium heat (about 1 minute).
2. Add onions and sauté until it softened, about 3 minutes.
3. Add ginger, garlic, and cayenne. Stir and sauté for 1 minute.
4. Add the crushed tomatoes, black eyed peas, and okra. Season with salt and pepper.
5. Simmer for about 15 minutes until the okra is tender.
6. Remove from heat and serve alongside fried plantains or rice.
7. Store leftovers in the fridge and enjoy within 5 days

RECIPE SOURCE: OLDWAYSPT.ORG

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