Blackeye Peas Stew

Ingredients:

1 medium onion, diced

4 garlic cloves, minced

2 red bell peppers, diced

3 bunches of collard greens, thinly chopped

1 jar (25oz) marinara tomato sauce

4 cans blackeye peas

2 cups Texturized Vegetable Protein (TVP) chunks (optional)

4 TS mushroom seasoning or 1/3 tsp salt

3 heaping TS unsalted peanut butter

*VEGAN   *GLUTEN-FREE

Nutrition Facts

14 servings per container

Serving size	1 cup (288g)

Amount per serving

Calories 220

% Daily Value*

Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 30g	11%
Dietary Fiber 9g	32%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 293mg	25%
Iron 4mg	20%
Potassium 474mg	10%

*The % Daily Value 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.

Instructions:

1. Soak the TVP in hot water as you are preparing the rest of the recipe.
2. Heat up a large non-stick pan or wok. Add the diced onions and cook for a couple minutes, stirring occasionally. Add some of the liquid from the beans if the onions start to stick to the pan..
3. Add the minced garlic and the diced bell peppers, and cook for a minute with the lid on. Add more water from the beans if they start sticking to the pan..
4. Add the chopped collard greens, cover with a lid and let it cook for about 5 minutes, stirring occasionally.
5. Add the marinara sauce, the blackeye peas, the TVP, and the seasonings, and mix everything well. Let it cook for 5 minutes with the lid on. If you want your stew to have more liquid add more water and adjust the seasoning.
6. Finally add the peanut butter and mix everything together using a wooden spoon. Taste and adjust the seasoning as needed.

Serving suggestions: Serve with brown rice, salad, corn tortillas, or baked tostadas. Store leftovers in the refrigerator and consume within five days or freeze for later use.

Recipe by Maggie Carneiro