

# Black-Eyed Peas with Sweet Potatoes and Greens

Source: Dr. Neal Barnard's Program for Reversing Diabetes by Neal Barnard, MD; recipe by Bryanna Clark Grogan

A wonderful combination of flavors! Serve with brown rice or fat-free cornbread and hot sauce on the side.

## About the Recipe

**412 Calories · 32 g Protein · 22 g Fiber**

**Dinner**

**Gluten-free · Nut-free**

Greens are nutritional powerhouses that are filled with calcium, iron, beta-carotene, fiber, and protein.

*If you're following a gluten-free diet: Double check the veggie broth to make sure it doesn't contain gluten.*

## Ingredients

**Makes 4 Servings**

- 1 10-oz (283-g) frozen kale, chard, or collard greens
- 4 c (960 mL) low-sodium vegetable broth
- 2 10-oz (567-g) frozen black-eyed peas, thawed and drained
- 2 c (510 g) cooked sweet potato, chopped; or 1 18-ounce can vacuum-packed unsweetened sweet potatoes, drained, rinsed, and chopped
- a few dashes liquid smoke

## Directions

1. Thaw frozen greens in the microwave or a bowl of boiling water. If preferred, chard or collards can be substituted for kale. Chop and combine with broth, thawed from frozen black-eyed peas, minced garlic, chopped sweet potatoes (can use an 18-ounce (510 gram) can vacuum-packed unsweetened sweet potatoes, drained, rinsed, and chopped), and liquid smoke in a large saucepan.
2. Bring to a boil, stirring often, then reduce heat and simmer for 20 to 30 minutes.

## **Nutrition Facts**

*Per serving*

**Calories:** 412

**Fat:** 4 g

**Calories from fat:** 8%

**Cholesterol:** 0 mg

**Protein:** 32 g

**Carbohydrates:** 74 g

**Sugar:** 1 g

**Fiber:** 22 g

**Sodium:** 127 mg