

Black-Eyed Peas with Sweet Potatoes and Greens



Prep:

5 minutes

Total:

30 minutes

Makes:

4 servings

Utensil:

3 Qt./2.8 L Sauce Pan with Cover

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Recipe:

Contributed By:

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Recipe from Dr. Neal Barnard's Program for Reversing Diabetes

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Recipe Description:

This recipe is one of my favorites from *Dr. Neal Barnard's Program for Reversing Diabetes*. Not only is this book a tremendous resource for diabetes and weight loss, but it also includes delicious recipes that are very low-fat and high-fiber.

Black-eyed peas with sweet potatoes and greens also has a beautiful presentation. I like to serve it on top of piping hot grits.

1 package
(10 ounces/283g) frozen kale or collard greens
4 cups
low-sodium vegetable broth
(950 mL)
2 packages
(10 ounces/283g each) frozen black-eyed peas, thawed and drained
2 cloves
garlic, shredded, use Cone #1
2 cups
cooked sweet potatoes, peeled and cut into large chunks
(266 g)
dash of liquid smoke

Directions:

1. Cook the greens over medium heat for 5 minutes in sauce pan; add a small amount of water if needed. Remove from

- sauce pan and chop.
2. Return greens to sauce pan and add vegetable broth, black-eyed peas, garlic, sweet potatoes and liquid smoke.
 3. Cover and continue cooking over medium heat. When Vapo-Valve™ clicks, reduce heat to medium-low and simmer for 20 - 25 minutes.

Nutritional Information per

▼ Serving

Calories: 412
Total Fat: 4g
Cholesterol: 0mg
Sodium: 127mg
Total 74g
Carbs:
Dietary Fiber: 22g
Sugar: 1g
Protein: 32g