Beet Greens with Black Eyed Peas

This hearty dish is one of my family's favorite ways to eat our greens. Black eyed peas hit the spot, and are a rich source of protein and iron, two nutrients that really take a hit with mold exposure. Whether prepared as a vegetarian dish or not, it is rich in protein and iron.

The addition of mold-killing spices, such as garlic, thyme, mustard, and bay, not only add flavor, but help you knock back the fungus while you enjoy a tasty bowl.

Supplies

Large stock pot

Wire mesh strainer

Cutting board

Sauté pan

Kitchen knife

Immersion blender (optional)

INGREDIENTS

1 lb dried organic black eyed peas

1/4 tsp baking soda

1 medium onion

2-3 cloves garlic

3 Tbsp olive oil

1/4 lb cooked ham (with bone optional)

1 large bunch beet greens

2 tsp dried thyme

1-2 Tbsp mustard seed powder

3 bay leaves

DIRECTIONS

1. Add peas to large stock pot, cover with water, add baking soda and soak overnight.
2. Strain peas, add back to pot, cover with fresh water, bring to a boil and boil until fork tender.
3. Chop onion and dice garlic.
4. Cut beet greens from stems and compost the stems. Chop the greens.
5. Dice ham. Save bone (if available).
6. Sauté onion and garlic in olive oil for 4 to 5 minutes. Add dried thyme, mustard seed powder, and bay leaves. Continue to sauté for another 4 to 5 minutes. Add water as needed to prevent burning.
7. Strain cooked peas, return to pot and add water to 1 inch above the peas. Then add the sauteed ingredients making sure to get all the juices.
8. Add the cooked ham with bone if available; or if vegetarian, vegetable broth or a few sheets of seaweed.
9. Add beet greens. Stir and press in greens. Cover and boil for 15 to 20 minutes, stirring occasionally. Add water to desired thickness.
10. Remove ham bone and bay leaves from pot.
11. May need to add salt to preferred taste. May need extra salt if ham is not used.
12. Blend with immersion blender, if desired.
13. Serve warm and enjoy! Store leftovers in fridge for up to 4 days. Freezes well.

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