

## Black-eyed Pea Stew

### Ingredients:

- 1 lb black-eyed peas
- a little olive or high quality fat of choice
- ½ head cabbage, shredded
- 1 onion, diced
- 2 cloves garlic, minced
- 1 can crushed tomatoes or 4 fresh tomatoes, chopped
- 2 TBS coconut fat or ½ can full fat coconut milk
- Optional: 2 cups of another high fiber, low starch vegetable

### Directions:

Rinse and sort the peas. Soak in water to cover plus one inch overnight.

Adding water to keep the water level just above the peas, bring to a boil, skim, and then simmer until tender, maybe 1 – 2 hours total.

While simmering and before the peas are fully soft, add the coconut fat or milk and the vegetables. Allow the water to simmer off until you have a thick stew.

When the peas are soft, then add salt to taste, if permitted.

Serves 6 – 8.