

Black-Eyed Peas and Okra Stew (Red Red)

10 Side Servings



rediscover  goodness
OLDWAYS

Ingredients

2 tablespoons extra-virgin olive oil

1 medium onion, sliced thin

1 to 2 teaspoons fresh grated ginger
(more to taste, we like a lot!)

1 clove of garlic

¼ teaspoon or more cayenne or Berbere spice

1 large can of crushed tomatoes

2 (15-ounce) cans black-eyed peas, drained

8 ounce of cut, frozen okra, thawed

Salt



Instructions

1. Heat oil in pan. Fry onions in the oil until it softens.
2. Add ginger, garlic, and cayenne, and fry the spices for 1 minute. Don't burn the ginger.
3. Add the tomatoes (with all juices), black-eyed peas, and okra. Bring to a simmer and let it cook until the okra is nice and soft.
4. Add salt until it tastes right.
5. Serve with fried bananas or plantains. Or rice. Or anything.

Recipe by David Wilcoxen. Photo by Sarah Anderson

To bring a soulful
culinary journey to
your community,
scan:



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

Learn about Oldways at OldwaysPT.org