

# Oldways Jollof Rice With Black-Eyed Peas

## 8 Servings



rediscover  goodness  
**OLDWAYS**

### Ingredients

- 1 (15-ounce) can diced tomatoes, drained (save liquid)
- 4 cups liquid (see step 1)
- 2 cups uncooked brown rice
- 2 tablespoons olive oil
- 1 large onion, chopped (about 2 cups)
- 2–3 garlic cloves, minced
- 1 large carrot, chopped (about 1 cup)

- ¼ head of green cabbage, chopped (about 2 cups)
- 2 tablespoons tomato paste
- 1 (15-ounce) can black-eyed peas, drained and rinsed
- 1 teaspoon turmeric
- 1 teaspoon thyme
- ½ teaspoon red pepper flakes
- Parsley, for garnishing

### Instructions

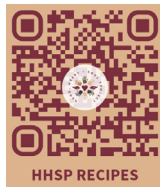
1. Drain liquid from diced tomatoes into a measuring cup. Add enough water to equal 4 cups of liquid total. Put in a medium pot with the brown rice. Bring to a boil, cover and simmer until rice is tender, about 30 to 35 minutes.
2. While the rice cooks, heat the oil in a large pan. Cook onions and garlic until onion is soft and pale, about 5 minutes.

3. Add chopped carrots, cabbage, tomato paste, tomatoes, black-eyed peas, and spices. Simmer with the lid on for a few minutes on low heat until the vegetables are done to your taste. Adjust spices until you're happy with them.
4. When the rice is done, serve with the vegetables and beans. Garnish with a little parsley.

*An Oldways recipe and photo.*



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