

Black- Eyed Pea Stew

With collard greens and potatoes

Ingredients

32 oz low-sodium veggie broth (4 cups)
8 oz collard greens, chopped (about 8 cups)
1 (14.5 oz) can no-salt added diced tomatoes
12 oz red potatoes, cut into ½ inch dice (about 2 cups)
1 (15.5 oz) can black-eyed peas, rinsed and drained
Ground black pepper to taste or other spices

Instructions

Bring broth and 2 cups water to a boil in a large saucepan or Dutch oven over high heat. Add collard greens, cover and simmer for 15 minutes.

Add tomatoes and potatoes and return to a simmer. Cover and cook until potatoes are tender, 10-12 minutes. Stir in peas and simmer until heated through, about 2 minutes. Season with pepper to taste and serve immediately.

Makes 4 servings (2 ¾ cup each)

Nutrition analysis:

Calories 180

Fat 1.0 grams (sat fat 0)

Carbs 37 grams

Fiber 8 grams!

Protein 10 grams

Sodium 710mg...could be higher or less depending on canned goods

Cholesterol 0 mg

Exchange system: Count as 2 starches and one protein and a veggie

Or for vegetarians: Count as 2 protein, one starch, and one veggie

This stew is also very high in potassium, soluble fiber and iron

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