



A Nutrition Resource

BLACK EYED PEA AND COLLARD GREENS SOUP

Yield: 6 Servings | Serving Size: 1 cup

Cost/Serving: \$1.20

Ingredients:

- 1 Tablespoon vegetable oil
- 1 medium onion, chopped
- 1/8 teaspoon garlic powder
- 4 ounces deli ham, diced
- 1/2 pound collard greens, stems removed and chopped*
- 1 (14.5-ounce) can broth (chicken or vegetable)
- 2 (15-ounce) cans black-eyed peas, drained and rinsed
- Salt and black pepper to taste
- 2 teaspoons apple cider vinegar

Directions:

- 1) Wash the collard greens. *
- 2) Drain and rinse the black-eyed peas.
- 3) Collect, chop, dice, and measure all ingredients before starting to prepare the recipe.
- 4) Place oil, onion, garlic, and ham in a large pot with a lid over medium heat. Stir occasionally until onion is clear, about 3 to 5 minutes.
- 5) Add collard greens and broth to the pot.
- 6) Cover and simmer for about 20 minutes until the collard greens are tender.
- 7) Place half of the black-eyed peas in a small bowl, and mash with a fork. Stir the mashed and whole peas into the soup. Simmer for another 5 minutes.
- 8) Taste, and add a small amount of salt and pepper if desired.
- 9) Stir in vinegar just before serving
- 10) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Nutrition Facts

6 servings per container

Serving size 1 Cup (290g)

Amount Per Serving

Calories 260

% Daily Value*

Total Fat 7g 9%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 15mg 4%

Sodium 470mg 20%

Total Carbohydrate 33g 12%

Dietary Fiber 10g 36%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 16g 32%

Vitamin D 0mcg 0%

Calcium 89mg 6%

Iron 4mg 20%

Potassium 536mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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* Preparing collard greens: First, remove any damaged outer leaves. Fill a large bowl with cold water and dunk the greens. Swish them around for a few minutes to help loosen any dirt on the leaves. Pour out the dirty water and fill the bowl with clean water. Swish the leaves under the clean water again to remove any additional dirt. Continue this process until the water in the bowl remains clear. To cut collard greens, fold each leaf in half with the stem at the fold crease. Either cut or tear the stem off. Stack several leaves on top of each other and roll the leaves up. Cut the roll of leaves in 1-inch-thick pieces.

Be Creative! Top with shredded cheese!

This recipe is used with the permission of Colorado State University Extension's Eating Smart and Being Active program.

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