

New Year's Black-Eyed Peas & Greens

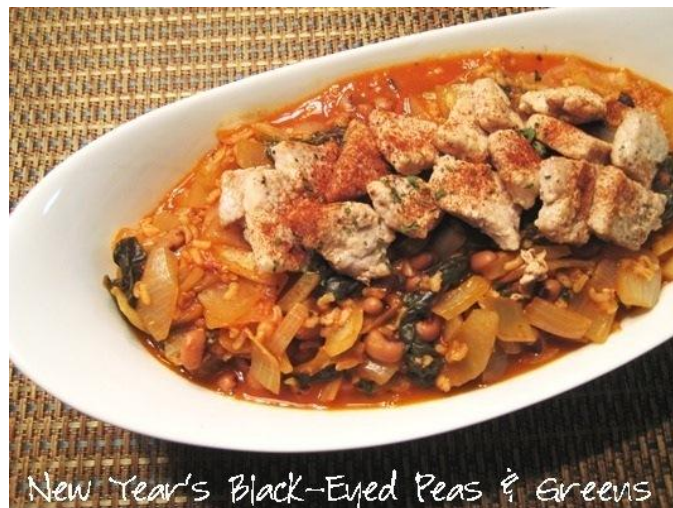
Original Recipe from [EatingWell, Jan/Feb 2009](#)

Serves 6

Ingredients

- 1 pound boneless pork chops, cut into ½ inch pieces
- 1 tsp salt, divided
- ½ tsp ground black pepper
- 1 Tbsp extra virgin olive oil
- 1 medium to large onion, chopped
- 2 Tbsp tomato paste
- 1 cup instant brown rice
- 4 cloves garlic, minced
- 14 ounces reduced-sodium chicken broth
- 2 Tbsp cider or sherry vinegar
- 1 tsp smoked paprika, to taste
- 8 cups roughly chopped greens (can use spinach, kale, collards, etc), tough stems removed
- 15-ounce can black-eyed peas, rinsed and drained well

*For more flavor, try adding cumin or chili powder and/or more paprika, to taste.



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Photo By Ashley Bailey

Directions

1. Toss pork with ½ tsp salt and pepper. Heat oil in large skillet over medium heat. Add pork and cook until just cooked through, 4-6 minutes. Transfer to a bowl or plate with a slotted spoon, leaving cooking liquids in pan.
2. Add onion, tomato paste, and rice to pan and cook until onion softens, about 4 minutes.
3. Add greens (I used spinach, but any green will work fine) and garlic and cook until greens begin to wilt, 1-2 minutes. Greens will greatly reduce in size once they begin to wilt, don't be afraid to pile them on!
4. Stir in broth, vinegar, paprika, remaining ½ tsp salt and any other spices, to taste.
5. Bring to a boil. Cover, reduce heat and simmer until rice is done, 15-20 minutes.
6. Stir in reserved pork and black-eyed pea and cook until heated through.

Notes: To make this a vegetarian meal, simply omit pork chops.

Nutrition Information per Serving: Calories: 260, Total Fat: 7gm, Saturated Fat: 1.5gm, Trans Fat: 0gm, Cholesterol: 45mg, Carbs: 28gm, Fiber: 5gm, Protein: 20gm, Sodium: 400-650mg (varies depending on brand of broth and canned beans used)