



BREAKFAST | PEAK SEASON: FALL

Southern Black Eyed Pea Bruschetta

Recipe by: Ashley Jackson

These black eyed pea recipe is savory, budget friendly and full of fiber. You can eat as a stew, over rice or even make a nice bite sized appetizer!

Nutritional Info

Per slice

Calories: 92

Carbs: 12g

Fiber: 2g

Protein: 4g

Fat: 3g

Sugars: 1g

Sodium: 120mg

Ingredients

- 6 tbsp olive or avocado oil
- 1 large onion, finely chopped
- 2 large carrots, chopped
- 5 garlic cloves, 4 minced, one whole
- 1 pound of dried black eyed peas (about 2 ½ cups)
- 2 smoked turkey wings OR 1 smoked turkey leg (leave out if vegan and use 1 tsp liquid smoke)
- 2 qts of veggie or chicken broth, low sodium
- 2 bay leaves
- salt and pepper to taste

Instructions

1. Heat oil in a pan on medium heat, add chopped onions and carrots stirring occasionally. Once the onions are semi translucent add your minced garlic and cook for 2-3 more minutes.
2. Add your (pre-soaked) drained black eyed peas to the pot along with the bay leaves, broth, and smoked turkey (use liquid smoke if using no meat). Bring to a boil and reduce heat to simmer.
3. Cook for about 1 1/2- 2 hours or until beans are tender. Season with salt and pepper and let cook for 30 minutes.
4. Pre-heat your oven to 350 degrees and toast your bread slices until golden. Brush lightly with olive oil and rub with garlic clove for more flavor.
5. Pull out turkey leg and let cool before deboning and adding meat back to the pot.
6. Using a slotted spoon get bean mixture into a bowl, removing as much broth as possible.
7. Spoon gently over the crostini and add Parmesan cheese and garnish with parsley, thyme or chives (optional)
8. Enjoy!
9. The beans keep well in the fridge for up to 4 days.

Additional Info

- This recipe is a great based for a stew. If you'd like to make this a veggie stew, add more carrots, greens or even a diced sweet potato or squash during the cooking process to make a heart, fiber rich soup!
- If you're using canned beans, allow smokey turkey to cook in the broth for an hour to 1 ½ hours before adding beans so they do not get over cooked.



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