



Makes 12 cups
Preparation Time: 30 minutes
Cook Time: 10 minutes

INGREDIENTS:

2 cups fresh or frozen mirepoix
(10 to 12 oz.)

1 medium unripe (green)
plantain or 1 medium parsnip

8 cups low-sodium vegetable
broth

12 oz. yellow potatoes, peeled
(if desired) and cut into 1-inch
pieces

½ cup raw cashews, soaked (see
tip, recipe intro)

3 tablespoons nutritional yeast

3 tablespoons lemon juice

½ teaspoon sea salt

2 15-oz. cans no-salt-added
black-eyed peas, rinsed and
drained (3 cups)

4 cups chopped fresh kale, tough
stems removed

¼ cup chopped fresh parsley

Freshly ground black pepper

Potato-Kale Black-Eyed Pea Soup

This creamy, partially blended **soup** has so much going for it and makes a cozy meal on a cool night! A **plantain** adds a touch of sweetness and holds up like a potato in this soup—if you prefer a more peppery taste, use a parsnip instead. Black-eyed peas and kale add extra body and substance, and cashews give the soup a creamy texture. This recipe starts with store-bought mirepoix (meer-PWAH), a classic aromatic combo of onion, celery, and carrot. See below for shopping tips and how to make your own.

Tips

Cashews: Soak cashews in enough very hot water to cover 15 minutes; drain and rinse.

Make your own mirepoix: The formula for making your own is 2 parts chopped onion to 1 part each diced celery and diced carrot. For this recipe, you need 1 cup chopped onion plus ½ cup each of diced carrot and celery.

Where to buy mirepoix: Trader Joe's sells it fresh in 14.5-oz. tubs, and you can find it fresh near the bagged greens at many supermarkets. **Cascadian Farm**, Kroger, and other stores sell it frozen.

For more inspiration, check out these tasty ideas:

- [New Year's Day Soup with Black-Eyed Peas](#)
- [Veggie Jambalaya with Black-Eyed Peas](#)
- [Black-Eyed Pea Burgers](#)
- [8-Ingredient Lentil Soup with Potatoes and Kale](#)

By Laura Marzen, RD, LD

- 1 In a 4- to 6-quart pot cook mirepoix over medium 6 to 8 minutes or until vegetables are tender, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking.
- 2 Cut peel off plantain; cut plantain in half lengthwise then slice in ½-inch-thick moons. Add plantain, broth, and potatoes to pot. Bring to boiling; reduce heat. Cover and simmer 10 to 12 minutes or until plantain and potatoes are just tender.
- 3 Using a slotted spoon, transfer 1 cup of the cooked plantain and potatoes to a blender. Add 1 cup of the broth from the soup, the cashews, nutritional yeast, lemon juice, and salt. Cover and blend until smooth, scraping sides as needed.
- 4 Add black-eyed peas and kale to soup in pot. Cook, uncovered, 3 minutes or until kale is just tender. Add blended cashew mixture and the parsley to pot; cook and stir 1 minute. Season with pepper. Top servings with additional parsley and pepper.