



Serves 4

Preparation Time: 20 minutes

Cook Time: 40 minutes

INGREDIENTS:

1 cup black-eyed peas

½ cup radish finely chopped

½ cup yellow beet small cubes

½ cup potatoes

¼ cup spring onions

½ teaspoon turmeric powder

½ teaspoon garlic grated

½ teaspoon ginger grated

½ teaspoon Greek seasoning

½ tablespoon lime juice

1 tablespoon cilantro (optional)

Black-Eyed Pea Stew

I love to share the art of Indian cooking I learned in my mother's kitchen in India. My food is a fusion of Indian cuisine and other styles of cooking from around the world. Please enjoy my recipe for Black-Eyed Pea Stew.

Find this recipe and more in the [Forks Over Knives Recipe App](#).

By Darshana Thacker Wendel

- 1** Soak the peas in 3 cups of filtered water for at least 1-2 hours, longer if possible, up to 6 hours. Rinse thoroughly.
- 2** In a pot add the peas and 3 cups of filtered water. Bring to a boil, about 4-6 minutes. Let it cook on low heat for about 15 minutes or till the peas are halfway done. Add more water if required.
- 3** Add the radish, beets, spring onions and potatoes and cook for another 15 minutes.
- 4** Add the spices except for the lime juice. Cook for another 10 minutes.
- 5** Remove from heat, add lime juice and serve hot with bread or rice and salad.
- 6** Garnish with cilantro (optional).

Note: Pre-soaking required.