



Serves 4-6

Preparation Time: 15 minutes

Cook Time: 15 minutes

INGREDIENTS:

½ cup filtered water

1 cup rutabaga, small cubes

2 celery stalks, diced

1 carrot, diced

Pinch sea salt

2 (15-ounce) cans of black-eyed peas, drained and rinsed

½ cup barbecue sauce

1 cup frozen green peas

Sea salt and black pepper, to taste

Black-Eyed Pea BBQ Stew

This hearty and filling stew will leave you feeling warm and comforted. The black-eyed peas and root vegetables are full of fiber, so it's a great meal to fill you up.

From *Blissful Bites*

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By Christy Morgan

- 1 In a skillet with lid, simmer veggies with a pinch of sea salt and ½ cup water until just tender.
- 2 Add the black-eyed peas and barbecue sauce to a pot and simmer, covered, for about five minutes.
- 3 Add water as necessary if it starts to stick, and stir occasionally.
- 4 Stir in green peas and season with sea salt and pepper as needed.