Savannah Beans and Greens Soup
From – Moosewood Restaurant Low-Fat Favorites

2 cups finely chopped onions
2 garlic cloves, pressed or minced
3 cups water or vegetable stock
½ lb fresh collard greens or kale
2 cups undrained canned tomatoes, chopped (16 oz can)
3 to 4 cups cooked black-eyed peas*
1 tbls white or cider vinegar
1 tbls brown sugar
pinch of dried thyme
¼ tsp ground allspice
couple splashes (to taste) of Tabasco or other hot pepper sauce
2 cups cooked rice
salt to taste

*Use two 10 oz packages of frozen black-eyed peas or two 16 oz cans, drained and rinsed. If you prefer to cook your own, use ½ lb dried.

• In a soup pot, combine the onions and garlic in 2 cups of the water or stock.
• Bring to a boil, then reduce the heat and simmer for 15 minutes.
• Meanwhile, prepare the collards or kale by rinsing well and removing the coarse stems.
• Stack the leaves and slice them thinly crosswise and then slice through the stack lengthwise once or twice.
• Add the greens, tomatoes and their juice, black-eyed peas, the additional cup of water, vinegar, brown sugar, thyme, allspice and Tabasco to the pot.
• Simmer for 15 minutes.
• Stir in the rice and cook for 5 minutes more
• Add salt to taste.

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