

Greek Black-Eyed Peas with Veggies and Pasta



Ingredients

- ½ pound dried black-eyed peas, picked over for stones OR 2 cans black-eyed peas, rinsed and drained
- 1 large onion, finely chopped
- 2 large carrots, finely chopped
- 1 large red bell pepper, seeded and chopped
- ¼ cup tomato paste
- 2 to 4 garlic cloves to taste, minced
- 1 bay leaf
- ½ teaspoon hot pepper flakes or to taste
- ¼ to ⅓ cup extra virgin olive oil
- ½ cup small pasta, such as elbow macaroni, orzo or tubettini
- 1 cup chopped spinach or greens (optional)
- 2 tablespoons red wine vinegar

Instructions

1. If using dried black-eyed peas: cover the black-eyed peas with water, bring to a boil and then drain. If using canned peas, skip this step.
2. Combine the drained black-eyed peas, onion, carrots, red bell pepper, dissolved tomato paste, garlic, bay leaf, hot pepper and ¼ cup olive oil in a large soup pot or Dutch oven. Cover with water by 2 inches, and bring to a gentle boil. Cover the pot, reduce the heat to low and simmer 20 minutes.
3. If using dried peas, add salt to taste and continue to simmer until the beans and vegetables are tender, about 30 minutes more. If using canned peas, skip this step and go directly to step 4.
4. If using canned peas, taste and adjust seasoning. Add the pasta, increase the heat to medium-high, and simmer five to 10 minutes until the pasta is cooked and much of the liquid has been absorbed. Stir in the greens, another 2 tablespoons olive oil if desired and the vinegar. Allow to cool for about 10 minutes before serving.

*Adapted from New York Times Cooking |
Serves 4*