

Slow-Baked Southern Black-Eyed Peas with Smoky Herbs

Tender black-eyed peas simmered with aromatic herbs and a hint of smoke create a blood sugar-friendly comfort dish that's rich in fiber and plant protein.

Prep: 5 min

Cook: 80 min

Total: 85 min

Servings: 6

GL 5.6 / GI 36

Ingredients

Low GI legume, excellent for blood sugar control dried black-eyed peas

Adds umami without added sugars vegan broth powder

fine sea salt

Capsaicin may support metabolism tabasco sauce

dried parsley

Adds depth without sugar smoked paprika

Anti-inflammatory herb dried thyme

Rich in antioxidants dried oregano

freshly ground black pepper

Provides smoky flavor without processed meats liquid smoke

Optional garnish, adds fresh flavor fresh chives, chopped

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Instructions

Step 1

Position an oven rack in the center and preheat your oven to 300°F (150°C). This low temperature ensures the black-eyed peas cook gently and evenly, developing a creamy interior without bursting.

Step 2

Rinse the dried black-eyed peas thoroughly in a fine-mesh strainer under cold running water, removing any debris or damaged peas. Drain well and transfer to a 3-quart Dutch oven or heavy oven-safe pot with a tight-fitting lid.

Step 3

Add the vegan broth powder, salt, tabasco sauce, dried parsley, smoked paprika, dried thyme, dried oregano, black pepper, and liquid smoke directly to the pot with the peas. Stir to distribute the seasonings evenly throughout.

Step 4

Pour enough cold water over the seasoned peas to cover them by approximately 2 inches (about 1200ml total). Stir once more to ensure all ingredients are well combined. Cover the pot securely with the lid.

Step 5

Transfer the covered Dutch oven to the preheated oven and bake for 75 minutes, or until the peas are tender but still hold their shape. Check at the 60-minute mark—cooking time may vary slightly depending on the age of your dried peas.

Step 6

Using heavy oven mitts, carefully remove the hot Dutch oven from the oven and place it on a stovetop burner. Remove the lid and set the burner to medium heat.

Step 7

Cook the peas uncovered, stirring frequently with a wooden spoon, for 5-7 minutes until the cooking liquid reduces and thickens into a flavorful, slightly creamy sauce that coats the peas.

Be careful not to let them stick to the bottom.

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Step 8

Taste and adjust seasoning if needed with additional salt or hot sauce. Serve hot in shallow bowls, with each serving providing approximately 3/4 cup of peas. Garnish with freshly chopped chives if desired. For optimal blood sugar control, pair with a generous portion of leafy greens or non-starchy vegetables.