

# 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 tbs white or cider vinegar  
1 tbs 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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