

## **Black Eyed Succotash** *from Urban Sacred Garden*



Succotash is one of my favorite dishes and is quite popular in my family. I've added a few unexpected twists and turns to my version to give it a little edge. Black Eyed Peas combined with Edamame (the Japanese inspired soybeans now made popular in the U.S.) make for a unique bean combination, while the Cayenne Pepper and Red Pepper Flake give it a little kick. Add Corn and Tomatoes and you're all set for a proper Southern feast. Yield: About 15 Servings

### **INGREDIENTS:**

- 1 1/2 Cups Black Eyed Peas, Dry (use canned if needed to save time)
- 1 Small Yellow Onion, Diced
- 12 oz. Shelled Edamame, Fresh or Frozen (substitute with Baby Limas or Butter Beans if desired)
- 16 oz. Sweet Corn, Fresh or Frozen
- 28 oz. Canned Diced Tomatoes (I prefer Pomi)
- 2 Cups Chicken Broth
- 2 Tbsp Fresh Sage, Finely Chopped
- 3 Tbsp Cayenne Pepper
- 1 Tbsp Fresh Ground Red Pepper Flakes
- Fresh Ground Sea Salt
- Fresh Ground Black Pepper

### **DIRECTIONS**

1. Soak Black Eyed Peas in a large pan in 3 cups of water overnight. In the morning, remove all floating, dark and odd Peas, drain Peas in a colander and rinse. Add Peas back into the original pan with 3 Cups of fresh water.
2. Place Peas on the stove, add Onion and Salt (to taste) and cook over medium low heat for about 45 minutes. This may take quite a bit of salt since these are dry Peas. Add salt as you cook to taste.
3. After about 45 minutes or so, when Black Eyed Peas are less tough and starting to cook down, add them to a large stockpot with Edamame, Corn, Tomatoes, Chicken Broth, Sage, Cayenne Pepper and Red Pepper Flake. Cook over medium low heat for about 20 minutes. Taste occasionally to adjust seasoning. Add additional Cayenne Pepper, Red Pepper Flake, Salt and Black Pepper as needed to balance flavor.
4. Reduce to a low simmer while finishing other food to allow flavors to mellow before serving for dinner. Turn off the heat when the flavors are melded. Do not overcook as beans will become soggy. Enjoy!