

YIELD: 8

Black-eyed Peas in a Crockpot

Recipe



A terrific black-eyed peas recipe is important to have in your arsenal when it comes to great meals in your crockpot. They're largely considered comfort food and this easy recipe makes them great for any meal!

PREP TIME

8 hours

COOK TIME

7 hours

TOTAL TIME

15 hours

Ingredients

- 1 (16 ounces) bag dried black eye peas
- 2 cups cooked ham, cubed
- 1 leftover ham bone (or ham hock)
- 1 onion, diced
- 3 cups chicken broth
- 3 cups of water
- ½ teaspoon ground black pepper
- ½ teaspoon garlic powder
- ½ to 1 teaspoon salt

Instructions

1. Inspect peas and remove any rocks or bad beans. Rinse well.
2. Dump all ingredients (except salt) into the slow cooker.
3. Cook on low for 6 to 8 hours or until the peas are tender.
4. Remove the ham bone and pull apart any meat from the bone. Cube and return the meat to the slow cooker.
5. Taste and stir in salt as desired.

Notes

If you do not want to use ham to make this more vegetarian, omit the ham and use vegetable stock or water with your own spices added.

Nutrition Information

Yield 8

Serving Size 1

Amount Per Serving

Calories 106

Total Fat 3g

Saturated Fat 1g

Trans Fat 0g

Unsaturated Fat 1g

Cholesterol 34mg

Sodium 1107mg

Carbohydrates 7g

Fiber 2g

Sugar 2g

Protein 14g

These recipes are calculated as a courtesy. They are not intended as medical advice or guaranteed accurate. Please do your own calculations if necessary.

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CUISINE: American / CATEGORY: Dinner

<https://www.slowcookerliving.com/black-eyed-peas-in-a-crockpot-recipe/>