

# SOUTHERN STYLE BLACK EYED PEA CHILI WITH YAMS

This chili has the basic chili formula—tomato base and beans, and then some fun ingredients—yams to amp up the color, nutrients, and texture with a kiss of honey to pull the flavors together! It still works with all the sides: guacamole, corn chips, sour cream or cheese. Try it served over brown rice, quinoa, or lentils for a delicious and filling meal on chilly evenings!



## Ingredients

- 2 cups cooked black-eyed peas (see back of recipe card)
- 2 medium yams
- 2 medium carrots
- 1 large onion
- 4 garlic cloves
- 3 Tablespoons Taco Spices
- 4-6 cups water or vegetable stock
- 4 cups tomato sauce

From your pantry:

- 1/4 cup honey
- Olive oil
- Salt and pepper

### Equipment:

- Large sauce pot & lid

**PREPARATION: 10 MIN**

**COOKING: 30 MIN**

**READY IN: 40 MIN**

**MAKES 6 SERVINGS**

## Directions

*Read through entire recipe before getting started.  
Wash and dry all produce.*

1. Cut **yams** into 1 inch cubes - leave skin on. Dice **onion and carrots**. Mince **garlic**.
2. Heat a drizzle of **olive oil** in a large stock pot over medium heat. Add **carrots, onions, and yams with garlic, spices**, and salt and pepper. Saute until starting to brown and soften, about 6-8 minutes.
3. Add 4 cups water or stock. Cover and simmer until yams are soft - about 15 minutes.
4. Add **black-eyed peas, tomato sauce, and honey** and remaining water if needed. Simmer for another 15 - 20 minutes until veggies are cooked through and flavors meld. Season with salt and pepper to taste.
5. Serve warm with sour cream, cheese, guacamole, or your favorite grain! Enjoy with **Roasted Beet Salad** on the side if you'd like.

# Tips, Tricks, and Terms

## Black Eyed Peas

- 1 cup dry black-eyed peas
  - 1 small onion, chopped (optional)
  - 1 teaspoon salt
1. Rinse peas under running water and discard broken peas or pebbles.
  2. Soak peas: in a large pot and add about 5 cups of water. Bring to a boil and boil for 2 minutes. Remove pot from heat, cover, and let stand for 2 hours. Drain and rinse.
  3. Add back to pot with 5 cups fresh water. Add onion (optional) and bring to a boil. Reduce to simmer and cook for 2 hours or until peas are tender. Stir in salt.

Enjoy in chili or your favorite recipes. Refrigerate for up to 1 week or freeze for up to 3 months.

### A little about...

**YAMS** : While Real yams are a root vegetable, most yams available at grocery stores are part of the sweet potato family, known for their orange flesh. They are a great source of fiber and are especially delicious when roasted.

**BLACK EYED PEAS**: Not only is this a protein and iron packed legume, but eating Black Eyed Peas on New Year's Day is thought to bring good luck for the year!

## Meet Choua Yang and Xou Her!

Choua has farmed at Big River Farms near Marine on St. Croix for two years, leases land in Vermillion Township, and grows at The Good Acre. Choua is a teacher at St. Paul Public Schools and her husband, Xou Her, is the family's full-time farmer. In the summer their four boys help out on the farm by harvesting and selling produce at markets. Choua's goal is to have her own organic farm, but staying for a few more years at Big River Farms allows her to save up for buying land and the numerous expenses that come with starting a farm.

Thanks to Choua and Xou for the delicious tomatoes, scallions, and radishes this season!



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