

# VEGETARIAN BLACK-EYED PEAS

## ROSH HASHANAH

### SYMBOLIC FOOD WEALTH AND PLENTITUDE

### LUBIEH “ TO INCREASE ONE’S MERITS”

#### Ingredients:

- 2 cups fresh or frozen black-eyed peas, or 8 ounces dried black-eyed peas soaked over night for 6 to 8 hours and drained.
- ½ cup vegetable oil
- 2 medium carrots, chopped
- 2 shallots, chopped
- 1 large onion, chopped
- 1 green pepper, chopped
- 1 red pepper, chopped
- 1 yellow pepper, chopped
- 2 8 ounce cans organic tomato sauce

- 1 teaspoon kosher salt
- $\frac{1}{4}$  teaspoon cinnamon
- $\frac{1}{4}$  teaspoon dried thyme
- $\frac{1}{4}$  teaspoon dried cilantro
- $\frac{1}{8}$  teaspoon turmeric

1. Add oil to a medium sauce pan and sauté the carrots, shallots, onion, and peppers about 3 minutes or until tender
2. Add black-eyed peas. If using frozen peas add cups of water. With fresh peas add 4 cups of water, tomato sauce and spices
3. increase the heat to medium-high . Bring to a slight boil. Cover and reduce heat to medium low and simmer for  $\frac{1}{2}$  hour.
4. May be baked in the oven on 350°