

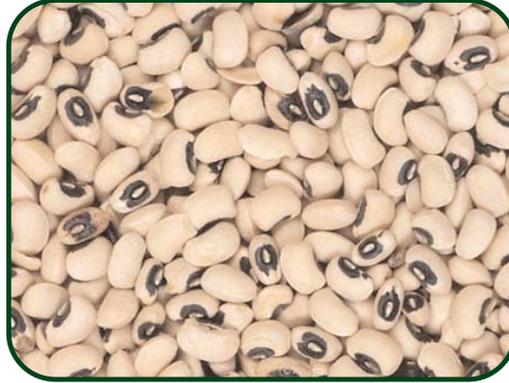


# Healthy Recipes for Healthy Living

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Dr. Reina Persaud, ND

## Black-eyed Peas with Mushroom



1 3/4 cups Black-eyed peas, soaked  
5 cups Water  
1/2 lb Mushrooms, thickly sliced  
6 tablespoons Vegetable oil  
1 teaspoon Cumin seeds  
1 one inch Cinnamon Stick  
1 1/2 medium Onions, chopped  
4 Garlic Cloves, chopped

4 medium Tomatoes, peeled & chopped  
2 teaspoons Coriander  
2 teaspoons Cumin  
1/2 teaspoon Turmeric  
1/4 teaspoon Cayenne  
2 teaspoons Sea Salt  
Pinch Black pepper  
3 tablespoons Cilantro, chopped

Put peas and water in a covered pot & bring to a boil. Simmer for 2 minutes, turn off heat and let steep for 1 hour. Heat oil and when hot put in the cumin seeds and cinnamon stick. Let then sizzle for a few seconds. Add onions and garlic and stir-fry until the onions start to turn brown at the edges. Put in the mushrooms and stir-fry until they begin to wilt. Add the tomatoes, coriander, cumin, turmeric and cayenne. Stir & cook for 1 minute. Cover, turn heat to low and cook for 10 minutes. Turn off heat. Bring peas back to a boil, simmer for 20 to 30 minutes. Then add the cooked mushrooms and spices along with the remaining ingredients. Simmer, uncovered on low heat for 30 minutes. Stir occasionally. Remove cinnamon stick & serve.