

MEETING STREET BLACK-EYED PEA & CORN SOUP

Delicious with corn bread

1 T olive oil	½ c lean fully cooked ham, diced (3 ozs)
1 small onion, chopped	2 t dried sage, crumbled
½ red or green bell pepper	½ t black pepper
2 cloves garlic, minced	¼ t crushed red pepper flakes
5 c water	2 to 2 ¼ c fresh or frozen corn
¾ c dry blackeyes, rinsed & drained	Salt
OR 2 cups canned, rinsed & drained	

Heat oil in large, heavy saucepan over medium high heat. Add onion and bell pepper and cook, stirring occasionally, until vegetables are tender, about 5 minutes. Stir in garlic and cook 1 minute. Add water, peas, ham, sage and black and red peppers.

Bring to a simmer quickly over high heat, turn heat to low and cook, covered, until peas are tender, about 45 minutes for dry beans, 30 minutes for canned. Add corn, increase heat and bring again to a simmer. Turn heat to low, cover and cook until corn is tender, about 20 minutes. Taste, adding salt only if necessary.