

Pressure Cooker Cajun Black Eyed Pea Soup

4 SERVINGS 25 MINUTES



INGREDIENTS

- 3 cups Vegetable Broth
- 1 Yellow Onion (chopped)
- 2 stalks Celery (chopped)
- 1 Yellow Bell Pepper (chopped)
- 2 Garlic (cloves, minced)
- 2 tsp Cajun Seasoning
- 1 1/2 cups Fire Roasted Diced Tomatoes
- 3 cups Kale Leaves (roughly chopped)
- 1 tsp Sea Salt
- 1 3/4 cups Black Eyed Peas (from the can, drained and rinsed)
- 1/3 cup Cilantro (chopped, optional)

DIRECTIONS

- 01 Turn your pressure cooker to sauté mode and add a splash of the vegetable broth. Add the onion, celery and bell pepper and cook for 4 to 5 minutes. Then add the garlic and sauté for 1 minute more. Turn the sauté mode off and add the cajun seasoning. Stir to combine.
- 02 Add the tomatoes, kale, salt, black eyed peas and broth. Put the lid on and set to “sealing” then press manual/pressure cooker and cook for 8 minutes on high pressure. Once finished, let the pressure release naturally for 5 minutes, then do a quick release.
- 03 Carefully remove the lid, and stir to combine. Divide between bowls, top with cilantro, if using, and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	165	Carbs	31g
Fat	1g	Protein	9g