

# Black Eyed Peas and Greens Soup

*This recipe makes ~15 cups*



## Ingredients

6 stalks celery, chopped  
2 green peppers, chopped  
2 lbs lean ham steaks, cubed in small chunks or matchsticks  
2 sweet onions, chopped  
4 tsp minced garlic  
1 lb bag black eyed peas  
2 Tbsp Liquid Smoke  
3 Tbsp Slap Ya Mama Cajun Seasoning  
64 oz chicken Stock  
1 - 14 oz can collard greens  
  
1 - 8.5 oz box Jiffy Cornbread mix  
1 egg  
1/3 cup milk

**This recipe was contributed by John In Bibs**

## Directions:

1. Bake the cornbread on a parchment lined tray according to the directions on the box.
2. In a large pot, follow the package instructions for a quick soak method to prepare the entire bag of peas.
3. While the peas are soaking, place the ham, onions, celery, and peppers in a crockpot. Pour in 32 oz of chicken broth, cover, and cook on high until the peas are ready.
4. Once the peas have finished soaking, drain and rinse them well, then let them sit briefly. Add the peas to the crockpot along with the remaining chicken broth, garlic, Liquid Smoke, and Cajun seasoning.
5. Add enough water to fully cover the peas, then stir. Turn the crockpot to low and cook for 5 hours.
6. Once the peas are nearly tender, stir in the collard greens. Continue cooking on low for an additional hour.
7. Add parchment paper to your trays. Pour the stew onto the trays. Place dividers using 10 portions per tray - I used 3 trays.
8. Add dividers to the cornbread tray in the 40 portion setting.
9. Pre-freeze.
10. Freeze dry (my cycle time was 51 hours).
11. I stored 3 portions in individual mylar bags, along with 4 portions of the cornbread in a ziploc bag.

## Rehydration:

3 of the 1/10th portions makes 1 serving (about 1 1/2 cups) of soup. In a bowl, combine each serving with about 1 cup of boiling water. Stir, cover and let sit for 5 minutes.

## Nutritional Value Per 1 serving

Calories: 373 Protein: 29 g Fat: 9 g Carbohydrates: 41 g Sugar: 13 g Fiber: 7 g