



Instant Pot Black-Eyed Peas

From: Kevin Schokora

Serves: 10

Prep Time: 30 min

Cook Time: 1 hour

Instructions

- 1) Add ingredients to Instant Pot: Place ham, black-eyed peas, broth, water, onion, carrots, Thyme, Garlic, diced bell peppers, Celery, mustard greens, habaneros, bay leaf, and pepper in a programmable pressure multicooker (such as Instant Pot). (Times, instructions, and settings may vary according to cooker brand or model.)
- 2) Cook black-eyed peas: Cover cooker with lid, and lock in place. Turn steam release handle to SEALING position. Select MANUAL/PRESSURE COOK setting. Select HIGH pressure for 15 minutes. (It will take 10 to 15 minutes for cooker to come up to pressure before cooking begins.)
- 3) Release pressure: Let the pressure release naturally for 20 minutes. Carefully turn steam release handle to VENTING position, and let steam fully escape (float valve will drop). (This will take 3 to 5 minutes.)
- 4) Garnish, and serve: Remove lid from cooker. Remove and discard bay leaf. Garnish with parsley. Serve warm.

Notes

Ingredients

- 4 cups chopped smoked ham (about 1.5 lbs)
- 1 lb dried black-eyed peas, rinsed
- 4 cups lower-sodium chicken broth
- 3 cups water
- 1 medium yellow onion, finely chopped (1.5 cups)
- 2 medium carrots chopped (1 cup)
- 1 dried bay leaf
- Kevin add:
 - Thyme
 - Garlic
 - diced bell peppers
 - Celery
 - mustard greens
 - habaneros
- 1/4 tsp. black pepper
- Chopped fresh flat-leaf parsley for topper

