

## Recipe of the week

March 6, 2018



### Black-eyed pea gumbo

A winter favorite, this gumbo is plate-ready in under an hour. With an easy-to-follow recipe, this gumbo is an excellent choice for a hearty lunch or dinner.

#### Ingredients

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 5 stalks celery, chopped
- 2 cups chicken broth
- 1 cup brown rice
- 4 cans black-eyed peas with liquid
- 1 can diced tomatoes and green chiles
- 1 can diced tomatoes
- 2 cloves garlic, finely chopped

#### Directions

1. Heat the olive oil in a large saucepan over medium heat, and cook the onion, pepper and celery until tender.
2. Pour in the chicken broth, and mix in rice, black-eyed peas with liquid, diced tomatoes and green chiles, dice tomatoes and garlic.
3. Bring to a boil, reduce heat, and simmer 45 minutes, or until rice is tender.
4. If soup is too thick, add more water.

Recipe adapted from the All Recipes