



From the kitchen of:
Blue Zones Project®

Ikarian Longevity Stew

Ingredients:

- 1/2 pound black eyed peas
- 1/2 cup extra virgin olive oil
- 1 large red onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 fennel bulb, finely chopped
- 1 large, firm ripe tomato, finely chopped
- 2 tsp. tomato paste, diluted in 1/4 cup water
- 2 bay leaves
- Salt to taste
- 1 bunch dill, finely chopped

Directions: Rinse the black eyed peas. Heat 1/4 cup olive oil over medium heat and cook the onion, garlic, and fennel stirring occasionally until soft, about 12 minutes. Add the black eyed peas and toss to coat in the oil. Add the tomato, tomato paste, and enough water to cover the beans by about an inch.

Add the bay leaves. Bring to a boil, reduce heat and simmer for 40-60 minutes or until the black eyed peas are tender. You don't want stones and you don't want mush. You can also cook this ahead and reheat.

Season with salt. Add the dill and stir. Remove, pour in remaining olive oil, and serve.

Yields: Serves 3

Per serving: 175 calories, 5 g. fat, 511 mg. sodium, 8 g. fiber, 5 g. protein

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