



ROBERT BYNUM'S SOUTHERN SWEET POTATO, BLACK EYE PEA AND WILD RICE SOUP

SERVING SIZE: 4 | COOKING TIME: 1 HOUR | CONTAINS WHEAT

INGREDIENTS.....

- 4 cups water (for rice)
- ½ pound (lb) wild rice
- 2 Tablespoons (Tbsp) olive oil
- 1 red bell pepper, cut into small pieces
- 1 Spanish onion, cut into small pieces
- 1 jumbo carrot, peeled, cut into small pieces
- 1 head celery, cut into small pieces
- 1 teaspoon (tsp) curry powder
- 1 teaspoon (tsp) dry jerk seasoning
- 2 teaspoons (tsp) ground cumin
- 2 Tablespoons (Tbsp) smoked paprika
- ¼ teaspoon (tsp) black pepper
- 1 Tablespoon (Tbsp) kosher salt
- 1 bay leaf
- 1 (15.5 oz) can black-eyed peas, rinsed and drained
- 1 sweet potato, peeled, cut into small pieces
- 8 cups water (for soup base)
- ¼ teaspoon (tsp) red pepper flakes

WHAT ELSE YOU'LL NEED

- Cutting board and knife
- 2 Large pots
- Vegetable peeler
- Cooking utensils (spatula, wooden spoon or similar)

DIRECTIONS.....

Rice

1. Add 4 cups of water to a large pot over medium heat. Add a pinch of salt to the water. Add rice. Boil ½ pound wild rice – about 5-10 minutes (or until water is gone). Set rice aside for later.

Vegetables

2. Drizzle olive oil into your second large pot. Add bay leaf, peppers, onions, carrots and celery to the pot. Sauté these vegetables over medium heat, stirring occasionally, for 5 minutes or until vegetables are softened.
3. Add the curry powder, jerk seasoning, cumin and smoked paprika to the vegetables. Cook for 2 minutes.

To make the soup

4. Add 8 cups of water to the vegetables in the large pot. Add red pepper flakes. Bring the water to a boil then immediately turn down. Simmer on low heat for 15 minutes.
5. Add rinsed black-eyed peas and sweet potatoes to the soup. Simmer for 15 additional minutes.
6. To finish, stir in the cooked wild rice from step 1. Add salt and pepper to taste.
7. Remove bay leaf before eating.



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