

# NYBG

EDIBLE ACADEMY  
JUNETEENTH WEEKEND



## SOUL STEW

Prepared by Henry Obispo  
Serves 5

### Ingredients

- 4 -14.5 ounce black eye peas or 1 pound dried
- 3 Cups Okra
- 2 Cups small cubed sweet potatoes
- 1 medium red onion
- 1 Tablespoon ginger
- ½ tablespoon garlic
- 2 Tomatoes (roasted or fresh)
- 2 Tablespoons tomato paste
- 1 Tablespoon paprika
- ¾ cup red palm oil (African sourced)[ ]
- 2 cups – 3 cups vegetable stock/ water
- 2-3 green onions chopped
- Salt and pepper as needed
- ½ habanero pepper (optional)
- ½ Lemon (juiced)

### Instructions

In a large stock pot or Dutch oven heat red palm oil until shimmering, add the onion and cook for about 5 minutes, stirring occasionally at medium low or until softened. Add the garlic and cook for one minute, until fragrant. Stir in the tomato paste to coat the onions for a minute. Add the ginger paprika and green onion. Then add the soaked or tender Black-Eyed Peas, and water/vegetable stock. To the Black-Eyed Peas, stir in tomatoes sweet potatoes and okra. Add salt pepper and lemon juice. With the lid on allow 15 to 20 minutes or until okra and sweet potatoes are tender.