

# Ikarian Bean Stew

## **Prep time:**

10 minutes plus soaking beans overnight or at least one hour

## **Cook time:**

60 minutes

## **Yields:**

4 servings

## **Ingredients:**

- 2 cups dried black-eyed peas, soaked in cold water, ideally overnight but at least one hour, then drained
- 1/2 cup extra-virgin olive oil
- 1 cup large yellow or white onion, diced
- 1 medium fennel bulb, trimmed, halved, and sliced into thin strips
- 2 tsp minced garlic
- 1 cup peeled and chopped carrot
- 1 cup fresh or canned diced tomato
- 2 tbsp tomato paste
- 1 tsp salt
- 4 large kale leaves, slivered
- 1 bunch chopped fresh dill

## **Directions:**

3. Warm 1/4 cup olive oil in a large pot or Dutch oven set over medium heat. Add the onion and fennel; cook, stirring often, until soft, about 8 minutes.

4. Add the garlic and cook until fragrant, about 20 seconds. Stir in the black-eyed peas, carrots, salt and pepper. Add enough water just to cover the vegetables. Raise the heat to medium-high and bring to a boil.

5. Cover, reduce the heat to low, and simmer slowly until the black-eyed peas are tender. Add kale leaves, dill, diced tomato and tomato paste. Cover and cook until the kale is tender, 5 to 10 minutes. Drizzle in remaining olive oil and serve.

Chef Mat Shalenko