WEST AFRICAN · LUNCH · DINNER

Red Red (Ghanaian Black-Eyed Pea Stew with Plantain)

80 min · Serves 4 · 555 kcal a serve · Video 8:59 · My Burnt Orange

Vegan · Gluten-free ingredients · No nuts listed

Black-eyed peas, tomatoes and plantain give each serve about 14 g of fibre and plenty of folate, vitamin B6 and potassium, with no added sugar.

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Ingredients 13 · SERVES 4

- [ ] 1 cup **dried black-eyed peas**, soaked
- [ ] ¼ cup (4 tbsp) **red palm oil**
- [ ] 1 large **onion**, chopped
- [ ] 1 tbsp **tomato paste**
- [ ] 4 medium **ripe tomatoes**, chopped
- [ ] 1 inch **fresh ginger**, chopped
- [ ] 2 cloves **garlic**, chopped
- [ ] 2 **scotch bonnet peppers**, left whole and pricked
- [ ] 2 cups **vegetable stock**
- [ ] **salt** to taste
- [ ] 4 **ripe plantains**, sliced and oven-roasted, to serve
- [ ] a little **oil**, to coat the plantains for roasting (about 1 tbsp)
- [ ] a little **gari** (toasted cassava granules), to garnish

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Soak the black-eyed peas in cold water for about 2 hours (or overnight), then drain and boil in fresh water for 30–45 minutes until soft. Season with a little salt. 0:57
2. Heat the red palm oil in a pan and fry the chopped onion until caramelised, then stir in the tomato paste. 5:14
3. Add the tomatoes, garlic, ginger and the whole, pricked scotch bonnets (chop them for more heat) and fry for 5–10 minutes until the tomatoes break down. 5:50
4. Pour in the stock and the beans and simmer gently for about 30 minutes, until saucy and the red oil rises to the top. 6:26
5. Meanwhile peel and slice the plantains, season with salt, coat lightly with oil and roast in the oven for 10–15 minutes until golden (the cook also offers deep-frying). 6:51
6. Take out the scotch bonnets if you left them whole, then serve the stew with the plantains and a sprinkle of gari. 7:55

> **Tip** Time excludes soaking. Short of time? Use canned black-eyed peas (the cook says 1 can; 2 × 14 oz cans match the dried amount). No red palm oil? The cook suggests coconut oil.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
555 kcal	12 g	94 g	14 g	18 g	720 mg
2,320 kJ	24% of a day	81 g net · 35 g sugars	48% of a day	7.2 g saturated	32% of a day
		34% of a day		24% of a day	

Energy from net carbs 61% · protein 9% · fat 30%

High in (20%+ of a day) Folate 73% · Vitamin C 51% · Vitamin B6 43% · Potassium 34% · Magnesium 33% · Omega-3 32% · Vitamin E 29% · Iron 25%

Source of (10–19%) Zinc 18% · Vitamin A 15% · Vitamin K 15% · Selenium 11%

Recipe and video: My Burnt Orange (@Myburntorange) on YouTube — youtube.com/watch?v=PxI_Ica0OqA, published 13 June 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/red-red-ghanaian-black-eyed-pea-stew