



Black-Eyed Peas-Instant Pot

PREP TIME: 10 MIN

COOKING TIME: 16 MIN

NATURAL RELEASE: 10-15 MIN

YIELDS: 6 SERVINGS

Ingredients

1 ¼ cups dry black-eyed peas (unsoaked)
3 ½ cups cold water
1½ tsp salt (adjust to taste)
1 tsp onion powder
½ tsp garlic powder
½ tsp smoked paprika
¼ cup chopped onion
2 cloves garlic, minced
2-3 sprigs fresh thyme (or ½ teaspoon dried thyme)
1 bay leaf (optional)

Directions

1. Rinse and drain the black-eyed peas.
2. Add the black-eyed peas and water to the Instant Pot.
3. Add the chopped onion, minced garlic, salt, onion powder, garlic powder, smoked paprika, thyme, and bay leaf to the Instant Pot.
4. Select Pressure Cook (High Pressure) and set the cooking time to 16 minutes (or 14 minutes if you prefer firmer peas).
5. Allow the pressure to release naturally for about 10-15 minutes.
6. Open the lid, stir, remove the bay leaf, and serve.

