

BLACK EYED PEAS & SAUSAGE



The Ingredients

- 1 tablespoon oil
- 8 ounces duck, chicken, or beef sausage (cut into ½ inch rounds)
- 1 onion, chopped
- 2 ribs of celery, chopped
- 1 tablespoon minced garlic (about 3 cloves)
- 4 cups chicken broth
- 3 bay leaves
- 1 teaspoon fresh thyme
- 1/2 teaspoon each salt and pepper
- 16 ounces dried black eyed peas

The Directions

- Turn Instant Pot on to SAUTE. Add cut sausages and brown. (Add 1-2 tsp of fat if sausages are very lean) Add chopped onion & celery and cook for 4 minutes. Add 1 Tablespoon of minced garlic and stir for about 1 minute.
- Add remaining ingredients, mix together.
- Seal Instant Pot and Set “Beans” (high pressure) for at least 25 minutes.
- Allow Instant Pot to release naturally for at least 15 minutes.
- Remove the bay leaves and stir the black eyed peas. Serve with cabbage, rice or cornbread.