Black-Eyed Pea and Tomato Thermos Stew

3 stew portions · Active 20 min · Total 40 min

Skills: Easy

Ingredients

- 1 tablespoon olive oil (15 ml)
- 1 small onion, finely diced (100 g)
- 1 medium carrot, finely diced (80 g)
- 1 celery stalk, finely diced (50 g)
- 2 garlic cloves, minced
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground coriander
- 1 can chopped tomatoes (14.5 oz/411 g)
- 2 cans black-eyed peas (15 oz/425 g each), drained and rinsed
- 1 cup low-sodium vegetable stock (240 ml)
- 1/4 teaspoon fine salt
- 2 teaspoons cider vinegar (10 ml)
- 2 tablespoons chopped parsley

Set out

3-quart saucepan, Wooden spoon, Food thermometer for reheating

Allergens

Celery. Check labels and substitutions.

Make it

1. Heat oil in the saucepan over medium heat. Cook onion, carrot and celery for 7–8 minutes, stirring, until beginning to soften.

2. Add garlic, paprika and coriander and stir for 30 seconds. Add tomatoes, stock and salt and simmer for 8 minutes.

3. Fold in black-eyed peas and simmer gently for 7–8 minutes, until the carrot is tender and the peas are hot throughout.

4. Mash two spoonfuls of peas against the pot side and stir them into the broth. Add vinegar and parsley.

5. Serve or pack hot into a preheated food flask. Refrigerate unused portions promptly in shallow containers.

A clear label helps later

Write the preparation date on each cooled portion. In a shift-work fridge, a dated box is easier to use confidently than a pot whose age has to be reconstructed from which day you happened to be home.

A useful detail

Canned black-eyed peas can be softer than home-cooked ones. Rinse under a gentle stream rather than tumbling them vigorously in a colander.

Keep it well

Refrigerate within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat to 165°F/74°C before serving or filling a preheated flask. Keep hot packed food at 140°F/60°C or above until eating.