

Ikarian Longevity Stew with Black Eyed Peas

Great recipe from the “Blue Zones” region, Ikaria, for a rainy day (or any day). It’s also perfect for anyone following the Mediterranean diet.

INGREDIENTS

- ½ cup extra virgin olive oil
- 1 large red onion, finely chopped
- 4 garlic cloves, finely chopped
- 1 fennel bulb
- 1 cup (8 ounces) black eyed peas (with dried peas, bring to a boil, boil for 1 minute, remove from heat, cover and let sit for an hour. Drain, rinse, and use.)
- 1 large, firm ripe tomato, finely chopped
- 2 tsp tomato paste, diluted in ¼ cup water
- 2 bay leaves
- salt to taste
- 1 bunch dill, finely chopped

DIRECTIONS

1. Heat half the olive oil over medium heat and cook the onion, garlic, and fennel bulb stirring occasionally, until soft (about 12 minutes). Add the black-eyed peas and toss to coat in the oil.
2. Add the tomato, tomato paste and enough water to cover the beans by about an inch. Add the bay leaves. Bring to a boil, reduce heat and simmer until the black-eyed peas are about half way cooked. (Check after 40 minutes, but it may take over an hour.)
3. Add the chopped dill and season with salt.
4. Continue cooking until the black-eyed peas are tender. Remove, pour in remaining raw olive oil and serve.