



BLACK EYED PEAS AND KALE BROWN RICE BOWL

Vata↑, Pitta↓, Kapha↓

Serves: 2

Prep Time: 10 minutes

Cook Time: 60 minutes

INGREDIENTS

- 6 cups water, for cooking the beans
- 2 1/2 cups chicken, bone, or veggie broth (substitute with water), for cooking the rice
- 1 cup black eyed peas, soaked overnight
- 1 cup brown rice
- 2 to 3 large kale leaves, stemmed and thinly sliced
- 1/3 cup minced onion
- 1/4 teaspoon cumin seeds, whole
- 1/4 teaspoon brown mustard seeds, whole
- 1 to 2 teaspoon Kapha Churna (substitute with 1/2 teaspoon of turmeric)
- Fresh ginger (1 inch cube), finely grated
- Large pinch cayenne pepper (optional)
- 2 tablespoons sesame oil, divided
- 1 lime, juiced
- 1 teaspoon of ume plum vinegar (optional but recommended)
- 1/4 teaspoon of pink Himalayan salt (and extra to taste)
- Freshly ground black pepper to taste

DIRECTIONS

Cooking the black eyed peas:

1. Soak the black eyed peas overnight making sure to allow at least three inches of extra water to cover the beans.

NOTE: If a speed soaking is needed, boil water and cover the dry beans for a minimum of 1 hour prior to cooking.

2. After the soaking process is complete, strain the beans and discard the water.
3. Place 6 cups of water into a large sauce pan. Bring this to a boil and then add the beans.
4. Reduce the heat to low-medium and cook covered (leaving a small crack) for 50 to 60 minutes.
5. As the beans are cooking, prepare the brown rice and kale (see below).
6. At 50 minutes check on the beans. The finished bean should be soft to touch and the skins will begin to come off of the bean. If more time is needed, continue cooking until the desired texture is reached, checking every 5 minutes or so.

7. Once they are fully cooked, strain the beans and discard the water. Place the strained beans back into the pan and cover until they are ready to be added to the rice.

Cooking the brown rice and kale:

1. Place a medium sauce pan over medium heat and add in 1 tablespoon of sesame oil. Once hot, add in the onion, cumin, and brown mustard seeds and sauté here for 2 minutes (or until they start to crackle) stirring frequently to avoid burning the spices. Add in the Kapha Churna and cayenne pepper (if used) and continue to sauté for an additional 30 to 60 seconds stirring constantly.
2. Add in 2 1/2 cups of broth into the pan. Bring the broth and sautéed spice mixture to a boil and then add in the brown rice and 1/4 teaspoon of Himalayan salt, reducing the heat to low.
3. Cook, mostly covered, over low heat for 25 minutes.
4. After this amount of time, place the thinly sliced kale on top of the half cooked brown rice and cover the pan completely. Cook here for an additional 15 minutes.

IMPORTANT NOTE: Do NOT stir the kale with the rice, but rather leave it to steam cook over the top of the rice. Mixing the rice with the kale at this point will cause some of the rice to not cook all the way.

5. Once the 15 minutes have passed, stir the kale and rice together.
6. Turn off the heat, but leave the pan covered and on the hot burner. Leave here for an additional 10 minutes to allow the rice to soak up any leftover broth and continue to soften.

Final Steps:

1. Add the cooked brown rice and kale to the cooked black eyed peas. Stir them together so they are evenly tossed.
2. Add in the freshly grated ginger, lime juice, 1 tablespoon of sesame oil, Ume Plum Vinegar, salt, and pepper to taste. Stir well until the seasonings are all blended evenly.
3. Serve in your favorite bowl and garnish with a handful of chopped green onions. Stir in more lime juice, salt, or pepper if needed.
4. Sit, share, and enjoy in good company!