

PURPLE HULL PEA FRICASSE

Ingredients

*½ Cup diced Yellow
Onion, about 1/2 medium*

*½ Cup diced Carrot,
about 1 medium*

*½ Cup diced Celery,
about 2 ribs*

1 Pint Purple Hull Peas

1 teaspoon minced Garlic

*2 Cups Chicken or
Vegetable Stock*

Directions

Over medium-high heat, cook Onion, Carrot & Celery until just starting to have golden edges, about 2-3 minutes.

Add Garlic and stir.

Pour in Stock and Peas. Bring to a simmer, reduce heat to medium, and cook for 20 minutes.

Use a small ladle or spoon to remove any impurities that float to the surface.

There should be only a little liquid left.

Serve with Southern style meat & three!