

Bacon Pumpkin Black Eyed Peas with Sage

Makes 6 to 8 servings

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INGREDIENTS

2 slices bacon, chopped
1/2 cup chopped yellow onion
2 garlic cloves, minced
1 teaspoon minced fresh sage leaves
1 1/2 cups (~10 ounces) dried black eyed peas
5 cups water
1/2 cup pumpkin puree
1 teaspoon fine sea salt, or to taste
1/4 teaspoon ground black pepper, or to taste

PREPARATION

Set a 6-quart Instant Pot to saute. Add the bacon and cook for 6 to 7 minutes, until it browns and the fat begins to render. Add the onion and garlic and cook two more minutes, until the onions just begin to soften. Stir in the sage. Turn off the Instant Pot.

Add the black eyed peas and stir well. Pour in the water and add the pumpkin. Stir until the pumpkin is distributed throughout the liquid.

Place the lid on the Instant Pot and turn the vent to seal. Set on Manual, High for 25 minutes. Let the pressure release naturally, about 30 minutes. Stir in the salt and pepper. Use a slotted spoon to transfer the beans to a serving bowl being sure to gather bacon and onions with it. Spoon some broth over the top and serve. (Side note: Feel free to serve the black-eyed peas as more of a soup with the broth if desired.)