**Vegetarian Black-Eyed Peas**

Servings: 12

**Ingredients**

* 1-pound dry black-eyed peas
* 4 tablespoons coconut oil
* 1 medium onion, chopped
* 2 cloves garlic, minced
* 1 quart water, or more as needed
* ½ cup chopped green onion tops
* ½ cup dried parsley flakes
* 3 leaf (blank)s bay leaves
* 1 ½ tablespoons salt, or more to taste
* ground black pepper to taste
* 1 teaspoon sugar

**Directions**

**Step 1**

Place peas into a large container and cover with several inches of cool water; let soak, 2-4 hours or overnight. Drain.

**Step 2**

Heat coconut oil in a skillet over medium heat. Sauté onion and garlic in the hot oil until tender, 5 to 7 minutes.

**Step 3**

Add to a crock pot with black-eyed peas, 1 quart water, green onions, parsley, bay leaves, 1 1/2 tablespoons salt, and pepper.

**Step 4**

Cook until peas are tender about 1 to 2 hours. Add more water if more cooking is needed. Taste and adjust salt and pepper if needed before serving.