

Sausage and Sweet Potato Soup with Black-eyed Peas

From the Kitchen of [Deep South Dish](#)

Ingredients

- 1 tablespoon olive oil
- 1 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1/4 cup chopped celery
- 1/2 pound andouille or other spicy smoked sausage, sliced into 1/2 inch rounds
- 1 large sweet potato, peeled and diced (about 3 cups)
- 2 cups beef stock or broth
- 1 can Rotel diced tomatoes, *undrained*
- 1 can black-eyed peas, *undrained*
- 1 cup tomato juice or V-8
- 1/4 of a small head of cabbage, sliced (about 1-1/2 cups)
- 1/2 teaspoon of kosher salt, or to taste
- 1/4 teaspoon freshly cracked black pepper, or to taste

Instructions

1. Heat the oil in a soup pot or 4 to 6 quart Dutch oven over medium high heat.
2. Add the onion, bell pepper and celery; sauté for 4 minutes.
3. Add the sausage and cook another 3 minutes, then add the sweet potatoes.
4. Add the beef stock, Rotel, black-eyed peas, tomato juice, cabbage, salt and pepper; stir, bring up to a boil, reduce heat, cover, and simmer for 20 to 25 minutes or until sweet potatoes are tender.
5. Taste and adjust seasonings as needed.

Notes

I used Conecuh sausage and Rotel diced tomatoes, making this a fairly spicy soup. If you prefer a milder version, simply substitute one can of regular diced tomatoes, undrained, in place of the Rotel and use a milder smoked sausage. Substitute any type of bean or southern pea.

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