

Hoppin' John

An all-time southern favorite, Hoppin' John just keeps getting better! Black-eyed peas and brown rice are seasoned with fresh onions, bell peppers, celery, and a savory broth.

CACFP Home Childcare Crediting Information

Legume as a Meat Alternate: $\frac{2}{3}$ cup (two $\frac{1}{3}$ measuring cups or 6 oz spoodle) provides 1 oz equivalent meat alternate and 1 oz equivalent grains.

OR

Legume as a Vegetable: $\frac{2}{3}$ cup (two $\frac{1}{3}$ measuring cups or 6 oz spoodle) provides $\frac{1}{8}$ cup vegetable ($\frac{1}{8}$ cup legume vegetable), and 1 oz equivalent grains.



Preparation Time: 30 minutes

Cooking Time: 50 minutes

Makes: 6 servings

Ingredients

1 cup or 6 oz Brown rice, long-grain, regular, dry, parboiled

$\frac{1}{8}$ cup or 1 oz Canola oil

$\frac{3}{4}$ cups or 3 oz Fresh onions, chopped

$\frac{1}{2}$ cups or 3 oz Fresh green bell peppers, chopped
 $\frac{1}{3}$ cup or 2 oz Fresh red bell pepper, diced

$\frac{1}{2}$ cup or 2 oz Fresh celery, diced

1 tsp Garlic, minced

1 Tbsp Salt-free seasoning

1 tsp Vegetable base concentrate

1 Bay leaf

2 cups or 11 oz Canned low-sodium black-eyed peas, drained, rinsed

Or

2 cups or 11 oz Dry Black-eye peas, cooked

(See Notes)

2 cups Water

$\frac{3}{4}$ tsp Salt

Directions

- 1 Preheat oven:
Conventional oven: 375 °F
Convection oven: 350 °F
- 2 Place brown rice in baking dish (9"x 13"x 2").
Set aside for step 8.
- 3 Heat oil in a medium saucepan uncovered over medium high heat.
- 4 Add onions, bell peppers, and celery. Sauté for 2-3 minutes or until onions become translucent, stirring occasionally.
- 5 Add garlic, salt-free seasoning, vegetable base, bay leaf, and peas.
Stir constantly for 1-2 minutes.
- 6 Add water and salt.
- 7 Bring to a boil.
- 8 Pour black eyed pea mixture over rice. Stir well.
Cover baking pan tightly.
- 9 Bake:
Conventional oven: 375 °F for 30-45 minutes.
Convection oven: 350 °F for 30-45 minutes.
- 10 Critical Control Point:
Heat to 140 °F or higher for at least 15 seconds.
- 11 Critical Control Point:
Hold at 140 °F or higher until served.
- 12 Serve $\frac{2}{3}$ cup (portion with two $\frac{1}{3}$ cup measuring cups or a 6 oz spoodle).

NOTES SECTION

How to Cook Dry Black-eyed Peas

Special tip for preparing dry peas:

SOAKING PEAS

OVERNIGHT METHOD:

Add 1 $\frac{3}{4}$ qt cold water to every 1 lb of dry peas.
Cover and refrigerate overnight. Discard the water.
Proceed with recipe.

QUICK-SOAK METHOD:

Boil 1 $\frac{3}{4}$ qt of water for each 1 lb of dry peas.
Add peas and boil for 2 minutes. Remove from heat
and allow to soak for 1 hour. Discard the water.
Proceed with recipe.

COOKING PEAS

Once the peas have soaked, add 1 $\frac{3}{4}$ qt water for every lb
of dry peas. Boil gently with lid tilted until tender, about 2
hours. Use hot peas immediately.

Critical Control Point: Hold for hot service at 140 °F or
higher.

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 217, Protein 5 g, Carbohydrates 34 g, Dietary Fiber 4 g, Total Sugar 3 g, Total Fat 6 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 407 mg, Vitamin A 19 mg RAE, Vitamin C 27 mg, Vitamin D 0 IU, Calcium 22 mg, Iron 1 mg, Potassium 248 mg

