

# Black-Eyed Peas and Rice (Hoppin' John)

## Ingredients

- 2 medium celery stalks
- 1 medium red bell pepper
- 1 medium onion
- 2 cloves garlic
- 1 (8-ounce) slice smoked, lean, low-sodium ham
- 1 (15-ounce) can black-eyed peas (low sodium)
- 1 Tablespoon vegetable oil
- 1 teaspoon dried thyme
- 4 cups low-sodium chicken broth
- 2 cups brown rice (not instant)
- ¼ teaspoon cayenne pepper (optional)
- Pinch salt
- Pinch ground black pepper

## Directions

1. Rinse and dice celery and bell pepper. Peel, rinse, and dice onion. Peel and mince garlic.
2. Dice ham.
3. In a colander, rinse and drain black-eyed peas and set aside.
4. In a large pot over medium heat, heat oil. Add celery, bell pepper, onion, garlic, and thyme. Cook, stirring occasionally, until vegetables are softened, about 5-7 minutes.
5. Add broth to pot. Bring to a boil. Add rice. Reduce heat to simmer. Cover and cook for 45 minutes, NEVER removing lid during cooking.
6. After 45 minutes, turn off heat. Let rice sit with COVER ON for 15 minutes to absorb excess water. Remove lid and fluff with fork.
7. Stir in ham, black-eyed peas, cayenne, salt, and pepper.

New Recipe

## Nutrition Facts

Serving Size: 0.2 x full recipe

Amount Per Serving		% Daily Value*
<b>Calories</b>	379.7 kcal	19 %
<b>Total Fat</b>	6.5 g	10 %
Saturated Fat	1.5 g	7 %
Trans Fat	0 g	
<b>Cholesterol</b>	18.1 mg	6 %
<b>Sodium</b>	464.9 mg	19 %
<b>Total Carbohydrate</b>	63.7 g	21 %
Dietary Fiber	8.9 g	36 %
Sugars	6.7 g	
<b>Protein</b>	18.3 g	37 %
Vitamin A	14 % • Vitamin C	45 %
Calcium	5 % • Iron	17 %

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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