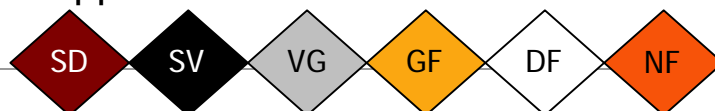


## New Year's Good Luck Hoppin' John

(\*see dietary notes)

Recipe by: Chef Kelly Yorke



*Hoppin' John is a soul food dish made of beans and rice that became popularized in the 1800's in America's Southeastern regions where legumes known as black eyed peas, field peas, or cow beans were prevalently grown. It was believed that eating black eyed peas first thing on New Year's Day would bring those who ate them good luck and prosperity for the rest of the year. Today this belief has spread into an annual tradition followed by many American households throughout the country.*

*This makeover version of Hoppin' John can be made quicker and easier than ever because pre-cooked black-eyed peas and brown rice are now stocked at many grocery stores in the frozen food section.*

### Ingredients:

3 cups	Cooked Brown Rice
3 cups	Cooked Black Eye Peas
1 cup	Cooked Diced Ham
1 cup	Chopped Onions
1 cup	Chopped Bell Pepper
1 cup	Chicken Broth or water
1/2 tsp.	Minced Garlic
1 tsp.	Thyme Powder
1 tsp.	Poultry Seasoning
1/4 tsp.	Cayenne pepper
1 tsp.	Cider vinegar (optional)

### Directions:

1. Purchase frozen pre-cooked brown rice or cook dry brown rice per the package instructions.
2. Purchase frozen cooked black eyed peas or cook dried black eye peas per package instructions.  
\*(Note: Cooking dried black eyed peas requires several hours to overnight to reconstitute and cook therefore start a day ahead of the day you want to serve this recipe if you are using dried beans).
3. Heat a non-stick skillet until hot; add ham, onions and peppers. Sauté on medium-high heat until onions are soft. Add remaining ingredients, stir until well combine, reduce heat to low and cover. Simmer for 5-10 minutes or until heated throughout and serve. If desired, garnish with sliced scallions and freshly ground black pepper.
4. Have a Happy New Year!

YIELD: 6 Servings

### \*Dietary Notes:

- To make Vegan (SV) and Vegetarian (VG), omit ham and replace with 1 cup portabella mushrooms chopped into 1/2-inch cubes and use water or vegetable broth in place of chicken stock. Sauté mushrooms with onions and peppers. Follow rest of step three as written and add 1 Tablespoon smoked paprika along with the remaining ingredients.
- To make Gluten-free (GF), check label if using purchased prepared chicken broth to make sure it is a gluten-free variety, or just use water.

Per Healthy Swaps Serving: 435 Calories, 78g Carbohydrates, 3g Fat, 26g Protein, 12g Dietary Fiber, 8mg Cholesterol, 353mg Sodium

Per Original Recipe Serving: 480 Calories, 81g Carbohydrates, 6g Fat, 26g Protein, 10g Dietary Fiber, 8mg Cholesterol, 384mg Sodium