A Kansas SNAP-Ed EZ Does it Recipe

Hoppin’ John

Servings: 6

Ingredients:
2 tablespoons olive oil
1 green bell pepper, chopped
2 celery ribs, chopped
1 medium onion, diced
1 cup uncooked long-grain rice
2 cups water
¼ teaspoon salt
½ to 1 teaspoon cayenne pepper
½ teaspoon dried basil
¼ teaspoon dried thyme
¼ teaspoon dried oregano
2 cups cooked ham, cubed
1 can (15 ounces) low-sodium black-eyed peas, rinsed and drained

Remember to wash your hands with soap and warm water before and after cooking.

Directions:
1. Saute pepper, celery and onions in olive oil until almost tender.
2. Add rice, water and seasonings. Cover and simmer 10 minutes.
3. Add peas and ham. Add more water if needed. Cover and simmer 10 minutes longer.

Nutrition Facts: Each serving provides 310 Calories, 8g Total Fat, 1.5g Saturated Fat, 700mg Sodium, 45g Total Carbohydrate, 2g Dietary Fiber, 14g Protein