

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

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

