



Hoppin' John (Black-Eyed Peas and Rice)

USDA Recipe for CACFP

Hoppin' John is black-eyed peas, onions, and fresh vegetables cooked in broth and mixed with brown rice.

CACFP CREDITING INFORMATION

$\frac{1}{2}$ cup (No. 8 scoop) provides

Legume as Meat Alternate: 0.75 oz equivalent meat alternate,
 $\frac{1}{8}$ cup vegetable, and 1 oz equivalent grains.

OR

Legume as Vegetable: $\frac{1}{4}$ cup vegetable and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Brown rice, long-grain, regular, dry parboiled	1 lb 9 oz	1 qt	3 lb 2 oz	2 qt	1 Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 2 1/2"). Set aside for step 7. For 25 servings, use 1 pan. For 50 servings, use 2 pans. 2 Heat oil in a medium stock pot uncovered over medium-high heat. 3 Add onions, bell peppers, and celery. Cook for 2–3 minutes or until onions become translucent, stirring occasionally.
Canola oil	$\frac{1}{3}$ cup 2 tsp		$\frac{2}{3}$ cup 1 Tbsp 1 tsp		
*Onions, fresh, chopped	12 oz	2 $\frac{1}{3}$ cups $\frac{1}{2}$ tsp	1 lb 8 oz	1 qt $\frac{2}{3}$ cup 1 tsp	
*Green bell peppers, fresh, chopped	4 oz	$\frac{3}{4}$ cup	8 oz	1 $\frac{1}{2}$ cups	



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INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Red bell peppers, fresh, diced	4 oz	$\frac{3}{4}$ cup	8 oz	1 $\frac{1}{2}$ cups	
*Celery, fresh, diced	4 oz	$\frac{3}{4}$ cup	8 oz	1 $\frac{1}{2}$ cups 1 Tbsp	
Garlic, minced	2 oz	1 $\frac{1}{2}$ tsp 2 Tbsp	4 oz	$\frac{1}{4}$ cup	4 Add garlic, salt-free seasoning, vegetable base, bay leaves, and peas. Stir constantly for 1–2 minutes.
Salt-free seasoning	2 oz	$\frac{1}{2}$ cup	4 oz	1 cup	
Vegetable base powder		1 Tbsp 1 $\frac{1}{2}$ tsp		3 Tbsp	
Bay leaves		4 each		8 each	
Black-eyed peas, canned, low-sodium, drained, rinsed OR Black-eyed peas, frozen (see Notes)	3 lb 3 lb	1 qt 2 $\frac{3}{4}$ cups 2 Tbsp 2 $\frac{1}{4}$ tsp ($\frac{3}{4}$ No. 10 can) 2 qt $\frac{1}{2}$ cup 1 $\frac{2}{3}$ tsp	6 lb 6 lb	3 qt 1 $\frac{3}{4}$ cups 1 Tbsp 1 $\frac{1}{2}$ tsp (1 $\frac{1}{2}$ No. 10 cans) 1 gal 1 cup 1 Tbsp $\frac{1}{3}$ tsp	
Water		1 qt 2 cups		3 qt	5 Add water and salt.
Salt		1 Tbsp $\frac{1}{4}$ tsp		2 Tbsp $\frac{1}{2}$ tsp	6 Bring to a boil.
					7 Pour 3 qt 2 cup (about 7 lb 8 oz) black eyed pea mixture over each pan of rice. Stir well. Cover pans tightly.





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INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					8 Bake: Conventional oven: 375 °F for 30–45 minutes. Convection oven: 350 °F for 30–45 minutes.
					9 Critical Control Point: Heat to 140 °F or higher.
					10 Critical Control Point: Hold for hot service at 140 °F or higher.
					11 Portion with No. 8 scoop (½ cup).





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NUTRITION INFORMATION

For No. 8 scoop (½ cup).

NUTRIENTS	AMOUNT
Calories	191
Total Fat	5 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	422 mg
Total Carbohydrate	31 g
Dietary Fiber	4 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	5 g
Vitamin D	0 IU
Calcium	32 mg
Iron	1 mg
Potassium	174 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	14 oz	1 lb 12 oz
Green bell peppers	5 oz	10 oz
Red bell peppers	5 oz	10 oz
Celery	5 oz	10 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

Cooking time increases if frozen black-eyed peas are used. Cook until peas are soft.

YIELD/VOLUME

25 Servings	50 Servings
About 8 lb	About 16 lb
About 1 gal/1 steam table pan (12" x 20" x 2 ½")	About 2 gal/2 steam table pans (12" x 20" x 2 ½")

