



Hoppin' John

An all-time southern favorite, Hoppin' John just keeps getting better! Black-eyed peas and brown rice are seasoned with fresh onions, bell peppers, celery and a savory broth.

CACFP Adult Portion Crediting Information

Legume as a Meat Alternate: 1 ½ cups (8 oz spoodle and 4 oz spoodle) provides 3/8 cup vegetable (1/8 cup red/orange vegetable, 1/4 cup other vegetable), 2 oz equivalent meat alternate, and 1 oz equivalent grains.

OR

Legume as a Vegetable: 1 ½ cups (8 oz spoodle and 4 oz spoodle) provides

¾ cup vegetable (½ cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup other vegetable), and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
					1 Preheat oven to bake: Conventional oven: 350 °F Convection oven: 325 °F
Brown rice, long-grain, regular, dry, parboiled	1 lb 15 oz	1 qt 1 cup	3 lb 14 oz	2 qt 2 cups	2 Place 1 lb 15 oz (1 qt 1 cup) brown rice in each steam table pan (12"x 20"x 4"). Set aside for step 8. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Canola oil		1/3 cup		2/3 cup	3 Heat oil in a medium stock pot uncovered over medium high heat.
*Fresh onions, chopped	1 lb 12 oz	1 qt	3 lb 8 oz	2 qt	4 Add onions, bell peppers, and celery. Cook for 2-3 minutes or until onions become translucent, stirring occasionally.
*Fresh green bell peppers, chopped	1 lb 8 oz	1 qt 1 cup	3 lb	1 qt 2 cups	
*Fresh red bell pepper, diced	1 lb 12 oz	1 qt 1 1/2 cups	3 lb 8 oz	2 qt 3 cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh celery, diced	1 lb 8 oz	1 qt 2 cups	3 lb	3 qt	
Garlic, minced	4 oz	½ cup	8 oz	1 cup	<p>5 Add garlic, salt-free seasoning, vegetable base, bay leaves, and peas. Stir constantly for 1-2 minutes.</p>
Salt-free seasoning	2 oz	½ cup	4 oz	1 cup	
Vegetable base powder		3 Tbsp		⅔ cup	
Bay leaves		4 each		8 each	
Canned low-sodium black-eyed peas, drained, rinsed OR *Dry black-eyed peas, cooked (See Notes Section)	5 lb 8 oz OR 5 lb 8 oz	1 gal OR 1 gal	11 lb OR 11 lb	2 gal OR 2 gal	
Water		3 qt		1 gal 2 qt	6 Add water and salt.
Salt		2 tsp		1 Tbsp 1 tsp	7 Bring to a boil.
					8 Pour about 16 lb 12 oz (about 1 gal 3 qt 1 cup) black eyed pea mixture over each pan of rice. Stir well. Cover pans tightly.
					9 Bake: Conventional oven: 375 °F for 30-45 minutes. Convection oven: 350 °F for 30-45 minutes.
					10 Critical Control Point: Heat to 140 °F or higher.
					11 Critical Control Point: Hold for hot service at 140 °F or higher.
					12 Serve 1 ½ cups (portion with 8 oz spoodle and 4 oz spoodle).



NUTRITION INFORMATION

For 1 ½ cup (8 oz and 4 oz spoodle)

NUTRIENTS	AMOUNT
Calories	294
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Total Fat	6 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	435 mg
Total Carbohydrate	51 g
Dietary Fiber	6 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	9 g
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Vitamin A	57 mcg RAE
Vitamin C	74 mg
Vitamin D	0 IU
Calcium	44 mg
Iron	2 mg
Potassium	472 mg
N/A=no data available	

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Fresh Onion	2 lb 4 oz	4 lb 8 oz
Fresh Green Bell pepper	2 lb 1 oz	4 lb 2 oz
Fresh Red Bell Pepper	2 lb 7 oz	4 lb 14 oz
Fresh Celery	1 lb 13 oz	3 lb 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.

How to Cook Dry Black-eyed Peas

Special tip for preparing dry peas:

SOAKING PEAS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry peas. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry peas. Add peas and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING PEAS

Once the peas have been soaked, add 1 ¾ qt water for every lb of dry peas. Boil gently with lid tilted until tender, about 2 hours. Use hot peas immediately. Critical Control Point: Hold for hot service at 140 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry black-eyed peas = about 2 ¼ cups dry or 4 ½ cups cooked peas.



YIELD/VOLUME	
About 17 lb 15 oz	About 35 lb 14 oz
About 2 gal 1 qt /1 steam table pan (12" x 20" x 4")	About 4 gal 2 qt /2 steam table pans (12" x 20" x 4")

SOURCE:
CACFP Adult Portion Recipe Project

