



Hoppin' John (Black-Eyed Peas and Rice) USDA Recipe for Schools

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

NSLP/SBP CREDITING INFORMATION

½ cup (No. 8 scoop) provides

Legume as Meat Alternate: 0.75 oz equivalent meat alternate, ⅓ cup other vegetable, and 1 oz equivalent grains.

OR

Legume as Vegetable: ⅓ cup legume vegetable, ⅓ cup other vegetable, and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Brown rice, long-grain, regular, dry parboiled	3 lb 2 oz	2 qt	6 lb 4 oz	1 gal	1 Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 2 ½"). Set aside for step 7. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Canola oil		⅔ cup 1 Tbsp 1 tsp		1 ⅓ cups 2 Tbsp 2 tsp	
*Onions, fresh, chopped	1 lb 8 oz	1 qt ⅓ cup 1 tsp	3 lb	2 qt 1 ⅓ cups 2 tsp	3 Add onions, bell peppers, and celery. Cook for 2–3 minutes or until onions become translucent, stirring occasionally.
*Green bell peppers, fresh, chopped	8 oz	1 ½ cups	1 lb	3 cups	
*Red bell peppers, fresh, diced	8 oz	1 ½ cups	1 lb	3 cups	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Celery, fresh, diced	8 oz	1 ½ cups 1 Tbsp	1 lb	3 cups 2 Tbsp	
Garlic, minced	4 oz	¼ cup	8 oz	½ cup	4 Add garlic, salt-free seasoning, vegetable base, bay leaves, and peas. Stir constantly for 1–2 minutes.
Salt-free seasoning	4 oz	1 cup	8 oz	2 cups	
Vegetable base powder		3 Tbsp	3 oz	¼ cup 2 Tbsp	
Bay leaves		8 each		16 each	
Black-eyed peas, canned, low-sodium, drained, rinsed	6 lb	3 qt 1 ¾ cups 1 Tbsp 1 ½ tsp (1 ½ No. 10 cans)	12 lb	1 gal 2 qt 3 ½ cups 3 Tbsp (3 No. 10 cans)	
OR Black-eyed peas, frozen (see Notes)	6 lb	1 gal 1 cup 1 Tbsp ⅓ tsp	12 lb	2 gal 2 cups 2 Tbsp ⅓ tsp	
Water		3 qt		1 gal 2 qt	5 Add water and salt.
Salt		2 Tbsp ½ tsp		¼ cup 1 tsp	6 Bring to a boil.
					7 Pour 3 qt 2 cups (about 7 lb 8 oz) black-eyed pea mixture over each pan of rice. Stir well. Cover pans tightly.
					8 Bake: Conventional oven: 375 °F for 30–45 minutes. Convection oven: 350 °F for 30–45 minutes.
					9 Critical Control Point: Heat to 135 °F or higher.
					10 Critical Control Point: Hold for hot service at 135 °F or higher.
					11 Portion with No. 8 scoop (½ cup).



NUTRITION INFORMATION

For ½ cup (No 8 scoop).

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	50 Servings	100 Servings
Mature onions	1 lb 12 oz	3 lb 8 oz
Green bell peppers	10 oz	1 lb 4 oz
Red bell peppers	10 oz	1 lb 4 oz
Celery	10 oz	1 lb 4 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

50 Servings	100 Servings
About 16 lb	About 32 lb
About 2 gal/2 steam table pans (12" x 20" x 2 ½")	About 4 gal/4 steam table pans (12" x 20" x 2 ½")