

# Hoppin' John

## Description

Hoppin' John is a traditional southern dish. Black-eyed peas are meant to bring you good luck in the new year and greens like kale or collards are supposed to bring money and fortune.

## Ingredients

- 1 tbsp olive oil
- 1 medium onion, diced
- 1 red bell pepper, diced
- 2 cloves garlic, minced
- 2 cans (15-oz) black-eyed peas rinsed & drained
- 1/4 cup vegetable broth or water
- 1 tsp salt
- 1/2 tsp freshly ground black pepper
- 2 green onions, thinly sliced
- 1 cup flat-leaf parsley, minced
- Cooked Rice
- Shredded white cheddar
- Hot Sauce (optional)

## Instructions

1. Heat olive oil in a large skillet over medium. Add onion, red bell pepper, and garlic. Saute until

## Summary

**Yield:** 6

**Source:** Katie Lee, CBS Early Show

**Prep Time:** 30 minutes

**Category:** Beans

**Cuisine:** Southern

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onions are translucent, about 5 minutes.

2. Stir in black-eyed peas, broth, salt and pepper. reduce heat to low; cook 10 more minutes. Stir in green onions and parsley.
3. Serve on top of cooked rice and garnish with cheese. Add hot sauce, if desired.

## Notes

Per serving ( before cheese, rice and hot sauce): 170 calories, 3g fat, no cholesterol, 420mg sodium, 31g carbs, 5g protein.