

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 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.

Summary

Yield: 6

Source: Katie Lee, CBS Early Show

Prep Time: 30 minutes

Category: Beans

Cuisine: Southern