

Meatless Hoppin John (Smoky Black Eyed Peas with Rice)

E-010-52

Cereals, Rices and Pasta
Products

G4G Color Code

Green

Sodium Code

Moderate

Temperature

350°F (177°C)

Yield

100 Portions

Each Portion

¾ cup (5-7½ oz)

Pan Size and Number

Time

35 - 48 min.

Nutrition Facts

Calories 185

Carbohydrates 33 g

Sugars* 1 g

Protein 8 g

Fat 3 g

Saturated Fat 0.4 g

Sodium 619 mg

Calcium 46 mg

Fiber 5.0 g

Ingredients

| Item | Measure | Weight | Approx issue |
|------------------------------------|----------------|------------|-----------------|
| CELERY, DICED ½-INCH | 2 qt | 2 lb 3 oz | 2 lb 10 oz |
| PEPPER, BELL, GREEN, DICED ½-INCH | 2 qt | 2 lb 2 oz | 2 lb 11 oz |
| ONION, YELLOW, DICED ½-INCH | 1-¾ qt | 2 lb | 2 lb 4 oz |
| OIL, CANOLA | ¾ cup | 5-¾ oz | |
| BLACK-EYED PEAS, CANNED, UNDRAINED | 3 gal + 1-½ qt | 28 lb 4 oz | 4-½-No. 10 Cans |
| WATER | 1 gal + 2 cup | 9 lb 6 oz | |
| RICE, WHITE, LONG GRAIN, PARBOILED | 2-¼ qt | 3 lb 10 oz | |
| GARLIC, GRANULATED | ¼ cup + 3 tbsp | 2-½ oz | |
| SALT | 3 tbsp + 1 tsp | 2-½ oz | |
| LIQUID SMOKE | 3 tbsp+ 1 tsp | 1-¾ oz | |
| PEPPER, BLACK, GROUND | 1 tbsp + 2 tsp | 0.41 oz | |
| PEPPER, CAYENNE, GROUND | ½ tsp | 0.04 oz | |

Directions

1. Prepare all fruits and vegetables in accordance with guideline card A-G 31. Dice celery, bell pepper and onion to ½".
2. Preheat tilt skillet to 350°F (177°C).
3. Sauté celery, bell pepper and onion in oil for 5 to 8 minutes.
4. Add beans and canning liquid, water, rice, garlic, salt, liquid smoke, black pepper and cayenne pepper. Stir to combine. Bring to a simmer.
5. Decrease heat to 250°F (121°C). Cover and simmer for 30 to 40 minutes or until rice is cooked and most of the liquid is absorbed. CCP: Internal temperature must reach 135°F (57°C).

6. Remove from heat and serve immediately or CP: hold hot at 135°F (57°C).

Recipe Notes

1. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.