

Hoppin' John – Cajun Black Eyes Peas & Rice

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving Size: 4 ounces

Ingredients	Quantit	Measure
Black-eyed peas, dry	1	pound
Vegetable oil	1	tablespoon
Onion, chopped	½	cup
Garlic, minced	1	tablespoon
Vegetable broth	2	quarts
Cajun seasoning	1	tablespoon
Stewed tomatoes, canned	1	15 ounce can
Cooked rice, preferably brown	2	cups

Preparation

1. Rinse dry black-eyed peas.
2. Heat vegetable oil in a 4-quart pot.
3. Add onion and garlic. Sauté for 2 minutes.
4. Add dry black-eyed peas, Cajun seasoning and vegetable broth. Bring to a boil. Cover and lower to medium heat but, continue to boil. Cook until tender, ensuring there is liquid left in the black-eyed peas.
5. Add stewed tomatoes and simmer for 5 minutes.
6. Mix cooked rice and black-eyed pea mixture together. Taste and adjust seasoning.

Nutrition Information

per serving *From USDA Nutrient Database

Calories: 236 Total Fat: 2.4g Saturated Fat: 0.3g Monounsaturated Fat: 1g Polyunsaturated Fat: 0.8g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 43g Fiber: 7g Total Sugar: 5g Protein: 12g Sodium: 490mg
Vitamin A: 5µg Vitamin C: 5mg Calcium: 88mg Iron: 5mg Folate: 292µg

