

| Ingredients | 18 Servings | | 100 Servings | | Directions |
|---|-------------|------------|--------------|-------------------|---|
| | Weight | Measure | Weight | Measure | |
| Black-eyed peas, dried, sorted, rinsed, and soaked overnight (See Recipe Notes) | 11 1/4 oz | 2 cups | 3 lb 12 oz. | 2 qt 3/4 cup | 1. Put the black-eyed peas in a large pot and add enough water to cover them by at least 1 inch. Simmer over medium heat until the beans are tender and fully cooked, 40 to 45 minutes. Drain the beans in a colander and reserve. |
| Oil, olive or canola | 1 oz | 2 tbsp | 5 1/2 oz | 2/3 cup | |
| Onions, yellow, chopped | 8 1/2 oz | 1 1/2 cups | 2 lb 10 oz | | 2. Heat the oil in a pot over low heat. Add the onions, peppers, celery and garlic to the oil and cook covered, stirring occasionally, until the onions are tender and translucent, about 10 minutes. |
| Green bell pepper, fresh or frozen and thawed, chopped | 12 oz | 3 cups | 3 lb 12 oz | | |
| Celery, chopped | 4 oz | 3/4 cups | 1 lb 4 | | 3. Stir in the red pepper flakes, thyme leaves, cumin, and salt. |
| Garlic, minced | 1/2 oz | 2 tbsp | 3 1/2 oz | | |
| Red pepper flakes | | 1/2 tsp | | 1 tbsp | 4. Add the rice and stir to heat the kernels evenly, about 2 minutes |
| Thyme leaves, dried | | 1/2 tsp | | 1 tbsp | |
| Cumin, ground | | 3/4 tsp | | 5 tsp | 5. Add the water to the rice and bring to a simmer. Cover and cook over low heat for 20 minutes. Add the drained black-eyed peas to the rice and stir well. Cover and simmer until the rice is fully cooked and tender, another 20 to 25 minutes. |
| Table salt | | 2 tsp | | 2 tbsp plus 2 tsp | |
| Brown rice, long-grain | 11 3/4 oz | 2 cups | 4 lb 12 oz | 1 qt 1 cup | 6. Stir in the tomatoes and the reserved juices just before serving and continue to cook long enough to heat the tomatoes, about 3 minutes. |
| Water | 2 1/2 lb | 5 cups | 9 lb 9 oz | 2 qt plus 3 cups | |
| Tomatoes, canned, diced, juices reserved | 14 1/2 oz | 1 3/4 cups | 3 lb 6 oz | | 7. Serve with a No. 6 scoop (3/4-cup portion) as a side dish. |
| | | | | | |

Hoppin' John

Recipe Notes:

Substituting canned black-eyed peas for dry black-eyed peas

To replace dry black-eyed peas with rinsed and drained canned black-eyed peas, you will need 5 cups (45 oz) for 20 servings and 12 1/2 cups (90 oz) for 50 servings. Begin the recipe at step 2 and add the drained beans to the rice in step 5.

Serving Notes:

1 serving provides 1/4 cup of black-eyed peas or the equivalent of 1 oz meat/meat alternate, 1/4 cup of vegetable and 1/2 serving of whole grain/bread.

Serve using an 8-oz ladle

| | | |
|------------------------|-------------|-------------|
| | 25 Servings | 50 servings |
| Total Weight: | 9 lb 9 oz | 19 lb 2 oz |
| Total Volume | 14 1/2 cups | 25 cups |
| Serving Size (weight): | 6 oz | 6 oz |
| Serving Size (volume): | 1 cup | 1 cup |

| Nutrients Per Serving | | | | | |
|-----------------------|-------|----------------------|--------|----------------------|--------|
| Calories | 140 | Saturated Fat | >1 g | Iron | 1.5 mg |
| Protein | 5 g | Cholesterol | 0 mg | Calcium | 38 mg |
| Carbohydrate | 252 g | Vitamin A-RE | 41 mcg | Sodium | 301 mg |
| Total Fat | g | Vitamin C | 28 mg | Dietary Fiber | 5 g |

