



Hoppin' John

Prep time: 15 min Soak time: 1 to 2 hours Cook time: 2 hr

Ingredients:

2 cups dried black-eyed peas

Cold water

1 pound lean slab bacon or 1 pound meaty ham hocks

1 large onion, chopped

1/4 to 1/2 teaspoon crushed red pepper flakes

4 cups water or chicken broth

2 cups uncooked long-grain white rice

Salt and black pepper to taste

Preparation:

Before preparing dried beans, sort through them thoroughly for tiny pebbles or other debris. Soak, rinse, and drain dried black-eyed peas. Place black-eyed peas in a large soup pot over medium-high heat and cover with cold water; bring to a boil. Remove from heat; cover and let stand 1 to 2 hours. Drain and rinse beans.

Using the same large soup pot, over medium-high heat, add soaked black-eyed peas, bacon or ham hock, onion, and red pepper. Add water or chicken broth; bring to a boil. Reduce heat to medium-low and cook for 1 1/2 to 2 hours or until the peas are tender (do not boil as the beans will burst).

Remove bacon or ham hock and cut into bite-size pieces. Return meat to pot. Stir in rice, cover, and cook 20 to 25 minutes or until rice is tender and liquid is absorbed. Remove from heat and season to taste with salt and pepper.

Serve with Collard Greens and Cornbread

Makes 8 servings