

Hoppin' John



Serving: 4 Prep Time: 10 minutes



Preparing Time: min



Total Duration: 35 minutes min

Ingredients

- ♦ 1 cup rice
- ♦ 1½ cups black-eyed peas
- ♦ 4 slices bacon
- ♦ 1 onion
- ♦ diced
- ♦ Hot sauce
- ♦ salt

Directions

- ♦ Cook bacon and onions.
- ♦ Add peas, rice, and water.
- ♦ Cover and cook until rice is done.
- ♦ Equipment: Skillet, pot
- ♦ Nutrition: Protein 14g, Carbs 52g, Fat 12g, Fiber 6g

Notes

A simple rice and pea dish from the South. Families eat it on the first day of the year for good luck.

