

PRESIDENT ANDREW JOHNSON

HOPPIN' JOHN

6 SERVINGS

8 HOURS
PREP TIME

2 HOURS
COOK TIME

INGREDIENTS

- 1½ cups dried black-eyed peas
- 2–3 strips bacon, cut in pieces, or ¼-pound chopped salt pork
- 1 onion, sliced
- 1 cup uncooked white rice
- 2 slices hot red pepper (more if you want it hot-hot)
- Salt and pepper, to taste
- Butter, for serving (optional)
- Additional strips of bacon, broiled, for serving (optional)

INSTRUCTIONS

1. Soak the black-eyed peas for at least 8 hours or overnight.
2. Bring them to a boil slowly in a heavy saucepan.
3. Add the bacon or salt pork and the sliced onion. Boil gently for 1½ hours.
4. Add the rice and hot red pepper, and simmer for another 30 minutes. Add additional water if necessary to make sure the rice has enough to absorb.
5. Season with salt and pepper to taste.
6. Serve hot with butter and strips of broiled bacon decorating the top.



NUTRITION PER SERVING (6 SERVINGS)

Calories 255 • Total Fat 3g • Saturated Fat 1g • Sodium 110mg •
Total Carbohydrates 51g • Dietary Fiber 7g • Added Sugars 0g • Protein 12g

* Nutritional analysis does not include optional ingredients; analyzed with bacon strips and white rice.

DIETITIAN'S NOTE

Get more whole grains into your diet by opting for brown rice or wild rice. Pair with lean protein, like roasted turkey breast, and vegetables, like steamed broccoli or braised kale, to make a healthier plate.

Adapted from: Poppy Cannon's The President's Cookbook