



825092 - Hoppin' John: Vegetable

Source: K12 Culinary

Number of Portions: 25

Size of Portion: 1/2 cup

Alternate Recipe Name: Down Home Hoppin' John

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.375 cup

Milk:

Recipe Subgroups:

Vegetable, Legumes

Attributes:

Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011144 CELERY,CKD,BLD,DRND,WO/SALT..... 011283 ONIONS,CKD,BLD,DRND,WO/SALT..... 011125 CARROTS,CKD,BLD,DRND,WO/SALT..... 050554 BEANS, CANNED, BLACK-EYED PEA, LOW-SODIU.....	1 CUP (diced) 2 CUPS (fresh, diced) 2 CUPS (raw, diced) 1 #10 can, drained	Rinse fresh celery, onion, and carrots under running water. Scrub celery and carrots with a vegetable brush. Drain in a colander or perforated pan. Cut celery, onions, and carrots into medium-sized, ½ inch dices.
014429 WATER,MUNICIPAL..... 826501 Base, Chicken, Low NA, no MSG, Sysco.....	1 qt 1 Tbsp + 1 TSP (AP)	Combine chicken base and water and stir to dissolve.
050412 PORK, HAM, CURED, PRECOOKED, HEATED, WAT...	10 ozs	Weigh ham and dice into 1/2 inch cubes.
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F..... 900164 BAY LEAVES..... 002030 PEPPER,BLACK..... 002031 PEPPER,RED OR CAYENNE..... 799903 GARLIC,GRANULATED.....	1 Tbsp 2 each, leaf 1/2 TSP (ground) 1/4 tsp 1/4 tsp	Heat large stockpot, tilting braising pan, or kettle to medium. Add oil and carrots and sauté for 1 minute. Add celery and onions and sauté additional 5 minutes. Stir in prepared chicken stock, diced ham, bay leaves, black pepper, cayenne pepper, and garlic. Cook covered on medium heat for 25 to 30 minutes until liquid has reduced by 25 percent (1/4th) and vegetables are tender.
		Drain, canned peas and add to reduced, seasoned liquid in the pan or kettle. Cook covered for 15 minutes. CCP: Heat to 135° F or higher.
		Transfer to 4 inch deep half size pans for service. Serve 1/2 cup using 4 oz spoodle. CCP: Hold for hot service at 135° F or higher
		Cool leftover beans properly, label, store in refrigerator, and reheat for service within 3 days.

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

CCP: Heat to 165° F or higher for at least 15 seconds

CCP: Hold for hot service at 135° F or higher

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	92 kcal	Cholesterol	6 mg	Sugars	*1.7* g	Calcium	26.82 mg	15.40%	Calories from Total Fat
Total Fat	1.57 g	Sodium	227 mg	Protein	5.99 g	Iron	1.27 mg	3.26%	Calories from Saturated Fat
Saturated Fat	0.33 g	Carbohydrates	14.09 g	Vitamin A	2386.6 IU	Water ¹	*72.09* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.24 g	Vitamin C	3.8 mg	Ash ¹	*0.27* g	61.41%	Calories from Carbohydrates
								26.11%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.