



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: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Legumes

Vegetable, Other

Attributes:

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.....	1 CUP (diced) 2 CUPS (fresh, diced) 2 CUPS (raw, diced)	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 BEVERAGES,H2O,TAP,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.
051515 Ham, 97% Fat Free, Water-Added, Cooked,.....	10 ozs	Weigh ham and dice into 1/2 inch cubes.
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F.... 002030 PEPPER,BLACK..... 002031 PEPPER,RED OR CAYENNE..... 799903 GARLIC,GRANULATED.....	1 Tbsp 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 an additional 5 minutes. Stir in prepared chicken stock, diced ham, black pepper, cayenne pepper, and garlic. Cook covered on medium heat for 25 to 30 minutes until liquid has reduced by approximately 25 percent (reduced by 1/4th) and vegetables are tender.
826824 BEANS, CANNED, BLACK-EYED PEA, LOW-SODIU...	1 #10 can, drained	Drain black-eyed peas and add to the pan or kettle. Cook, covered, over medium heat for 15 minutes. CCP: Heat to 135° F or higher.
		Transfer to 4 inch 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.

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

Calories	91 kcal	Cholesterol	6 mg	Sugars	*2.0* g	Calcium	26.82 mg	18.81%	Calories from Total Fat
Total Fat	1.90 g	Sodium	204 mg	Protein	5.79 g	Iron	0.90 mg	5.29%	Calories from Saturated Fat
Saturated Fat	0.54 g	Carbohydrates	14.22 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	62.45%	Calories from Carbohydrates
								25.42%	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.