



## 825149 - Hoppin' John: Entree

Source: K12 Culinary

Number of Portions: 50

Size of Portion: 1 cup

Alternate Recipe Name: Down Home Hoppin' John

Alternate Recipe Name 2: Hoppin' John with Rice

### Components:

Meat/Alt: 2 oz

Grains: 1 oz

Fruit:

Vegetable:

Milk:

### Recipe Subgroups:

Whole Grain Rich

### Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011144 CELERY,CKD,BLD,DRND,WO/SALT.....	2 CUPS (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.
011283 ONIONS,CKD,BLD,DRND,WO/SALT.....	1 QT (fresh, diced)	
011125 CARROTS,CKD,BLD,DRND,WO/SALT.....	1 QT (raw, diced)	
014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	2 qts	Combine chicken base and water and stir to dissolve.
826501 Base, Chicken, Low NA, no MSG, Sysco.....	3 TBSP (AP)	
051515 Ham, 97% Fat Free, Water-Added, Cooked,.....	1 lb + 4 ozs	Weigh ham and dice into 1/2 inch cubes.
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F....	2 Tbsp	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, 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.
002030 PEPPER,BLACK.....	1 TSP (ground)	
002031 PEPPER,RED OR CAYENNE.....	1/2 tsp	
799903 GARLIC,GRANULATED.....	1/2 tsp	
826824 BEANS, CANNED, BLACK-EYED PEA, LOW-SODIU...	2 #10 can, drained	Drain black-eyed peas and add to the pan or kettle. Cook, covered, over medium heat for 15 minutes. <b>CCP: Heat to 135° F or higher.</b>
		Transfer bean mixture to 4 inch half size pans for service. <b>CCP: Hold for hot service at 135° F or higher.</b>

050450 RICE, LONG GRAIN, BROWN, QUICK-COOKING,..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	3 lbs + 2 ozs 3 qts	Spray 2 inch full size pan with food release. Add 2 qt of water and 3 lb 8 oz of brown rice. Stir to distribute rice evenly (additional cup of water may be needed if using combi oven/steamer). Steam immediately for 23 to 25 minutes until rice has fully absorbed the water. Use a spoon to ensure the rice has fully absorbed the liquid in the bottom of the pan. Fluff rice with utensil. Cover and hold in hot holding cabinet until ready to use. <b>CCP: Hold for hot service at 135° F or higher.</b>
		For service, portion 1/2 cup rice using no. 8 disher. Top rice with 1/2 cup of Hoppin' John using 4 oz perforated spoodle. <b>CCP: Hold for hot service at 135° F or higher.</b>

\*Nutrients are based upon 1 Portion Size (1 cup)

Calories	197	kcal	Cholesterol	6	mg	Sugars	*2.1*	g	Calcium	35.30	mg	12.62%	Calories from Total Fat
Total Fat	2.76	g	Sodium	211	mg	Protein	8.08	g	Iron	1.32	mg	3.21%	Calories from Saturated Fat
Saturated Fat	0.70	g	Carbohydrates	36.26	g	Vitamin A	2386.7	IU	Water <sup>1</sup>	*128.91*	g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00*	g	Dietary Fiber	4.23	g	Vitamin C	3.8	mg	Ash <sup>1</sup>	*0.33*	g	73.67%	Calories from Carbohydrates
												16.41%	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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.