



Hopping John



Where service *and savings* matter.

SERVINGS: 4

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving:
calories 340, calories from fat 70,
total fat 8g, saturated fat 1.5g,
cholesterol 20mg, sodium
1000mg, total carbohydrate 55g,
dietary fiber 7g, sugars 2g, protein
16g, vitamin A 4%, vitamin C 60%,
calcium 4%, iron 10%

- 1 Tbsp vegetable oil
- 1 bell pepper, diced
- 1 medium onion, diced
- 1 ¾ cups water
- 15 oz can Food Club rinsed, black-eyed peas
- 5 oz cooked Canadian bacon or Boar's Head Ham, diced
- 1/4 tsp salt
- 1/8 tsp pepper
- 4 drops hot sauce
- 2 cups Food Club instant brown rice

DIRECTIONS:

1. In 2 quart nonstick pan, heat oil; add bell pepper and onion and cook over medium high heat, stirring occasionally, until softened, 3-4 minutes.
2. Add water, peas, bacon or ham, salt, pepper and hot sauce; stir to combine and bring to a boil.
3. Add rice and stir to combine. Reduce heat to low; cover and simmer 5 minutes.
4. Remove from heat and stir; cover. Let stand until liquid is absorbed, about 5 minutes.
5. Fluff with a fork before serving.

Serve with cornbread and roasted savoy cabbage.

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Shopping List

PRODUCE:

- 1 bell pepper
- 1 medium onion

MEAT/POULTRY/SEAFOOD:

- 5 oz cooked Canadian bacon or Boar's Head Ham

WHOLE GRAINS/ BREADS/PASTA:

- 2 cups Food Club instant brown rice

SPICES/SEASONINGS:

- Salt
- Pepper

GROCERY/FROZEN/ MISCELLANEOUS:

- Vegetable oil
- Hot sauce
- 15 oz can Food Club rinsed, black-eyed peas

FOLD