

**Hoppin’ John** (makes about 6 servings, ½ c each)

This dish is typical of the South, especially the Gullah or Low County of the South Carolina and Northern Georgia. Some legends of the dish include: a man named John came “a-hoppin” when his wife took the dish from the stove; the children of the family would hop around the table when the dish was brought to the table; a South Carolina custom was to say “Hop in, John” to invite a guest to eat. This is a flavorful dish may indeed get you hoppin!

Kitchen tools:

1 colander and 1 large bowl	1 knife and 1 large spoon
1 med. Dutch kettle or med. stock pot and cover	1 set measuring spoons and measuring cup
1 large skillet and cover	1 cutting board

Ingredients:

1 cup dried black-eyed peas* (cowpeas)	1 tsp. red pepper flakes
1 tbsp. olive or vegetable oil	1 small red bell pepper (seeded), chopped
1 medium yellow onion, chopped	1 bay leaf
1 garlic clove, minced	1 tbsp. fresh thyme (chopped) or 1 tsp dried
1 cup uncooked long grain rice	½ tsp black pepper
	1 tsp salt (optional)

*\*Dry bean pre- prep: pick through beans to remove any discolored beans or foreign materials): Soak method: soak beans overnight, discard water before use; Two-minute boil method: put beans in large pot, cover with water about 2 inches above beans. Boil on high heat for two minutes, and then set beans and water aside to cool for 1 hour, covered; then discard water before use.*

What to Do:

1. Rinse pre-prepared beans\* in colander. Put beans in the Dutch kettle or stockpot. Cover beans with 5 cups of water.
2. Bring beans and water to a boil. Turn heat to low. Simmer until tender yet firm (about 40 minutes).
3. Heat oil in large skillet; add onion and garlic. Stir fry until slightly golden (about 5 minutes).
4. Add onion/garlic mixture to cooked beans. Make sure that beans have about 2 cups water remaining water from cooking (use your judgement, add some water if needed).
5. Add rice and other ingredients. Stir gently. Cover and cook on low until water is absorbed and rice/peas are tender (about 15 min).
6. Remove bay leaf.
7. Serve and Enjoy!

[History of Hoppin John](https://whatscookingamerica.net/history/hoppinjohn.htm)  
(<https://whatscookingamerica.net/history/hoppinjohn.htm>)

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Adapted from Low-Fat Soul, Jonell Nash, A One World Book, Ballantine Books div of Random House, Inc., 1996