

# Hoppin John -Hopping Straight into the New Year

Yield: 5 min  
Total Time: 210 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-recipe-for-the-new-year>

## Ingredients:

- 1 tablespoon vegetable oil
- 1 red bell pepper diced
- 2 stalks celery diced
- 1 onion medium sized, diced
- 2 tablespoons garlic minced
- 1 ham small, hock
- 3 slices applewood smoked bacon diced
- 1 1/2 cups dried black-eyed peas
- 3 cups low sodium chicken stock
- 2 tablespoons Cajun seasoning
- 1 teaspoon thyme
- 1 teaspoon garlic powder
- salt
- pepper
- green onions chopped, for garnish if desired, optional

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 5 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 6 grams
7. SaturatedFat: 1 grams
8. Sodium: 320 milligrams
9. Sugar: 2 grams

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