

Hoppin' John Soup

Yield: 8 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-hoppin-john-stew-recipe>

Ingredients:

- 1 pound dried black-eyed peas
- 1 ham bone smoked, or two hocks
- 1/4 cup canola oil
- 1/2 cup chopped cooked ham finely
- 1/4 teaspoon red chile flakes
- 2 cloves garlic finely chopped
- 1 jalapeño stemmed, seeded, and finely chopped
- 1 large carrot finely chopped
- 1 onion large, finely chopped
- 1 rib celery finely chopped
- 1 bay leaf
- 1 pound collard greens
- leaves
- 2 tablespoons apple cider vinegar
- kosher salt
- freshly ground black pepper
- 5 cups long-grain white rice cooked
- chopped tomatoes optional
- scallions optional

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 99 grams
3. Fat: 8 grams
4. Fiber: 4 grams
5. Protein: 10 grams
6. Sodium: 125 milligrams
7. Sugar: 2 grams

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