

Hoppin' John

Yield: 10 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-ham-hock-recipe>

Ingredients:

- 4 tablespoons butter
- 1 whole onion Large, Diced
- 4 cloves garlic Minced
- 1 whole green bell pepper Diced
- 2 stalks celery Diced
- 4 cups black-eyed peas Soaked
- 5 cups chicken broth Low-sodium, or No-sodium
- 1 whole ham hock
- salt
- pepper
- cayenne pepper To Taste
- 2 tablespoons white vinegar
- brown rice White Or, For Serving

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 10 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 11 grams
7. SaturatedFat: 3 grams
8. Sodium: 160 milligrams
9. Sugar: 1 grams

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