

HOPPING JOHN (BLACK-EYE PEAS WITH RICE)

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
177 cal	30 g	8 g	3 g	3 mg	430 mg	32 mg

Ingredient

BACON,SLICED,RAW
 ONIONS,FRESH,CHOPPED
 PEAS,BLACKEYE,CANNED,INCL LIQUIDS
 RICE,BROWN,LONG GRAIN,DRY
 WATER
 PEPPER,BLACK,GROUND
 PEPPER,RED,GROUND
 GARLIC POWDER

Weight

3 lbs
 2-1/8 lbs
 27 lbs
 3-1/4 lbs
 8-7/8 lbs
 1/2 oz
 <1/16th oz
 2 oz

Measure

1 qts 2 cup
 3 gal 3/4 qts
 2 qts
 1 gal 1/4 qts
 2 tbsp
 1/8 tsp
 1/4 cup 3 tbsp

Issue

2-1/3 lbs

Method

- 1 Cook bacon until crisp; drain. Set aside 2 ounces bacon fat per 100 servings, for use in Step 2; bacon for use in Step 3.
- 2 Saute onions in bacon fat about 1 to 2 minutes or until lightly browned. Drain thoroughly.
- 3 Combine undrained black-eyed peas, rice, water, sauteed onions, cooked bacon, black pepper, red pepper, and garlic. Mix well. Bring to a boil; cover tightly; reduce heat; simmer 25 minutes or until rice is tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.