Hoppin' John Casserole
RECIPE

Hoppin' John Casserole

TIME	1 Hour 15 Minutes
INGREDIENTS	10 items
MAKES	8 servings

The classic Southern Hoppin' John recipe, known for its key ingredients of black eyed peas or cow peas, rice, and pork, has been loved by generations for its comforting flavors. Try it for a no-fuss addition to any BBQ or as a full meal anytime.

INGREDIENTS

- 4 thick slices uncured smoked bacon
- 1 1/2 cups onion, chopped
- 6 cups (2 bunches) collard greens, stems removed and chopped
- 4 pouches Ben's Original Long Grain White Rice
- 1 15 oz. can black-eyed peas, drained and rinsed
- 2 cups chicken stock, unsalted
- 1 1/2 tsp salt
- 2 lg eggs, lightly beaten
- 2 cups tomato, seeded and chopped
- 1/2 cups green onion, thinly sliced

INSTRUCTION

1. Preheat oven to 400°F. Cook bacon in a skillet over medium-high heat, stirring, until crispy, 5-6 minutes. Add onion and continue cooking until soft, about 4-5 minutes. Add collards and cook, stirring, until wilted, about 5-6 minutes. Remove from heat.
2. Transfer bacon and vegetables to a large bowl and stir in rice, black-eyed peas, stock, salt, and eggs. Pour into 13" x 9" baking dish, cover and bake about 50 minutes, or until the liquid is absorbed.
3. Remove from oven, rest 5 minutes, then top with chopped tomatoes and green onions. Serve hot.

Nutrition

CALORIES: 300

TOTAL FAT : 7g - 9%

TRANS FAT : 0g

SODIUM: 560mg - 24%

TOTAL CARBOHYDRATES: 29g - 11%

DIETARY FIBER: 4g - 14%

TOTAL SUGARS: 3g

PROTEIN: 13g

Categories:

Family Friendly

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