Hoppin’ John

2 cups black-eyed peas (dry)
8 1/2 cups water, divided
1 ham hock or 1 smoked turkey leg
1 medium onion, chopped

1 hot red pepper or
1/2 teaspoon hot pepper sauce
1/4 teaspoon salt
*1 cup uncooked rice

Place peas in a large pot and add 6 cups of water. Let soak overnight. The next day, add pork, onion and red pepper or sauce. Bring to a boil. Reduce heat and cook, uncovered, until the peas and meat are tender, about 1 1/4 hours. Remove from heat. Remove pepper pod. In another saucepan, heat remaining 2 1/2 cups water with salt. When it comes to a boil, add rice. Reduce heat and cook, covered until rice is tender and all liquid has been absorbed, about 20 minutes. Meanwhile, remove any skin and bones from the jowl or ham hock and cut the meat into small pieces. Return meat to the pot. Add rice to the pot with the peas and heat through.

Spanish Limas

16 ounces frozen lima beans or 1 cup dried limas, cooked
1/2 cup chopped onion
1 clove garlic
1 teaspoon oil
2 teaspoons chili powder
1 (8 ounce) can stewed tomatoes
1/2 cup grated cheese

If using frozen lima beans, cook according to package directions. Saute onion and garlic in oil until golden. Add chili powder, tomatoes, and limas. Place in a 1 quart casserole dish and top with grated cheese. Bake covered at 350 degrees for 20-30 minutes.
Nutrition Facts

Servings Per Recipe  10  
Amount Per Serving  
Calories  192  
Total Fat  2g  
*Vitamin A 8%  
*Calcium 14%  
10% of total calories from fat  
Sodium 69mg  
*Vitamin C 4%  
*Iron 11%

*Percentage Daily Values

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Nutrition Facts

Servings Per Recipe  6  
Amount Per Serving  
Calories  212  
Total Fat  7g  
*Vitamin A 13%  
*Calcium 14%  
29% of total calories from fat  
Sodium 276mg  
*Vitamin C 35%  
*Iron 12%

*Percentage Daily Values

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