



# Healthy Hoppin' John

**TOTAL TIME:** Prep: 15 min. Cook: 35 min.

**YIELD:** 6 servings.

*We love Hoppin' John, so I developed this new (and faster) version. I like to mix my chopped green onions in with the hot cooked rice before serving. —Debra Keil, Owasso, Oklahoma*

## Ingredients

1 large onion, chopped

1 cup fresh baby carrots, halved lengthwise

2 celery ribs with leaves, chopped

1 tablespoon olive oil

1 package (12 ounces) fully cooked spicy chicken sausage links, cut into 1/2-inch slices

2 garlic cloves, minced

2 cans (15-1/2 ounces each) black-eyed peas, rinsed and drained

2 cups chicken stock

1 bay leaf

1/2 teaspoon dried thyme

1/4 teaspoon pepper

1/8 teaspoon cayenne pepper

1 tablespoon cider vinegar

3 cups cooked brown rice

2 green onions, chopped

1 green onion, thinly sliced

# Directions

1. In a large nonstick skillet, saute the onion, carrots and celery in oil for 3 minutes. Add sausage; cook 3 minutes longer. Add garlic; cook 2 minutes longer.

2. Stir in the peas, stock, bay leaf, thyme, pepper and cayenne. Bring to a boil. Reduce heat; cover and simmer for 15 minutes. Stir in vinegar. Simmer, uncovered, 5-10 minutes longer or until carrots are tender.

3. Discard bay leaf. Combine rice and chopped green onions; divide among six bowls. Top with sausage mixture. Sprinkle with sliced green onion.

4.

# Nutrition Facts

1 serving: 352 calories, 8g fat (2g saturated fat), 43mg cholesterol, 817mg sodium, 48g carbohydrate (5g sugars, 7g fiber), 22g protein.

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