



Hoppin' John Starter

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices bacon
- 0.3 teaspoon baking soda
- 2 bay leaves
- 1.3 cups black-eyed peas dried
- 2 teaspoons pepper black freshly ground
- 0.3 cup onion flakes dried
- 0.5 teaspoon garlic powder
- 0.3 cup ham soup base jarred

- 8 ounces fatty pork smoked chopped
- 1 cup converted rice white uncooked
- 1 teaspoon paprika smoked

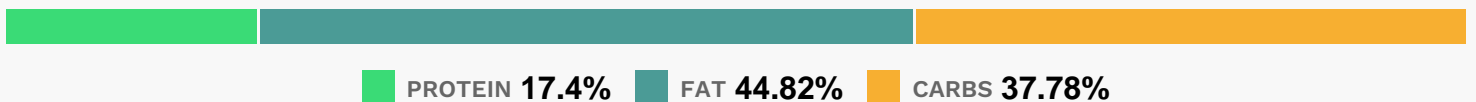
Equipment

- frying pan
- paper towels
- slow cooker

Directions

- Make ham mixture: Cook bacon in a skillet over medium heat 8 to 10 minutes or until crisp.
- Remove bacon, and drain on paper towels, reserving drippings in skillet. Crumble bacon. Cook chopped smoked pork in hot drippings just until beginning to brown.
- Combine bacon, pork, and jarred ham soup base. Spoon into 1 (8-oz.) jar. Store in refrigerator up to 2 weeks.
- Combine dried black-eyed peas, converted white rice, dried onion flakes, freshly ground black pepper, smoked paprika, garlic powder, baking soda, and bay leaves. Store at room temperature up to 3 weeks.
- TO MAKE HOPPIN' JOHN STEW: Stir together Hoppin' John Starter and 8 cups water in a 5 1/2- to 6-qt. slow cooker. Cover; cook on LOW 7 to 8 hours or until peas are tender. Makes 8 to 10 servings. Hands-on 5 min. Total 7 hours, 5 min., not including starter
- PACKAGE HOPPIN' JOHN STARTER IN: Weck 7-oz. Glass Jar (\$50; westelm.com); Cellophane Bag (30 cents; thinkgarnish.com)

Nutrition Facts



Properties

Glycemic Index:7.71, Glycemic Load:5.11, Inflammation Score:-1, Nutrition Score:3.7178260904291%

Nutrients (% of daily need)

Calories: 112.75kcal (5.64%), Fat: 5.56g (8.55%), Saturated Fat: 1.95g (12.17%), Carbohydrates: 10.54g (3.51%), Net Carbohydrates: 9.56g (3.48%), Sugar: 0.64g (0.71%), Cholesterol: 13.97mg (4.66%), Sodium: 92.61mg (4.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.7%), Vitamin B1: 0.15mg (9.85%), Manganese: 0.19mg (9.61%), Selenium: 6.38µg (9.12%), Phosphorus: 64.82mg (6.48%), Folate: 25.04µg (6.26%), Vitamin B6: 0.11mg (5.56%), Vitamin B3: 1.08mg (5.41%), Zinc: 0.64mg (4.29%), Fiber: 0.98g (3.91%), Copper: 0.07mg (3.28%), Magnesium: 12.63mg (3.16%), Potassium: 110.05mg (3.14%), Iron: 0.55mg (3.06%), Vitamin B2: 0.05mg (2.94%), Vitamin B5: 0.28mg (2.77%), Vitamin B12: 0.13µg (2.12%), Vitamin A: 55.94IU (1.12%), Calcium: 10.31mg (1.03%)