

Hoppin' John Recipe: A Traditional Southern New Year's Dish

This recipe serves 4-6 people and takes about 15 minutes to prep and 1 hour to cook.



TIME
15 min

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INGREDIENTS

- 1 cup dried black-eyed peas (or 2 cans, drained and rinsed)
- 1 cup long-grain white rice
- 4 cups chicken or vegetable broth
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 teaspoon smoked paprika
- 1 teaspoon cayenne pepper (optional, for heat)
- 1 bay leaf
- Salt and pepper to taste
- 1 cup diced ham or sausage (optional)
- 2 tablespoons olive oil

DIRECTIONS

- 1. Prepare the Peas:** If using dried black-eyed peas, rinse them under cold water and soak them overnight. This helps to soften them and reduce cooking time. If using canned peas, simply drain and rinse them.
- 2. Sauté the Aromatics:** In a large pot, heat the olive oil over medium heat. Add the diced onion and sauté until translucent, about 5 minutes. Stir in the minced garlic and cook for an additional minute until fragrant.
- 3. Add the Peas and Broth:** If using soaked dried peas, add them to the pot along with the chicken or vegetable broth. If using canned peas, add them later in the cooking process. Stir in the smoked paprika, cayenne pepper, bay leaf, salt, and pepper.
- 4. Simmer:** Bring the mixture to a boil, then reduce the heat to low. Cover and let it simmer for about 30 minutes, or until the peas are tender. If using canned peas, add them in the last 10 minutes of cooking.
- 5. Cook the Rice:** In a separate pot, cook the rice according to package instructions. Once cooked, fluff it with a fork and set aside.
- 6. Combine and Serve:** Once the peas are tender, stir in the cooked rice and diced ham or sausage if using. Adjust seasoning as needed. Serve hot, garnished with chopped green onions or parsley if desired.

TIPS FOR SUCCESS

Soaking the Peas: Soaking dried peas overnight not only reduces cooking time but also helps with digestion.

Flavor Boost: For an extra depth of flavor, consider adding a splash of Worcestershire sauce or a few dashes of hot sauce to the pot.

Vegetarian Version: For a vegetarian twist, omit the meat and use vegetable broth.

You can also add diced bell peppers or carrots for added nutrition.

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