

HOPPIN' JOHN BLACKKEYES

1 c dry blackeyes (soaked & drained)

1 c chopped onions

2 T olive oil or vegetable oil

½ t garlic salt

½ t oregano

2 c chicken stock

4 c hot cooked rice

Cook onions in oil until transparent, using a heavy pot large enough to hold the blackeyes. Add seasonings and chicken stock. Add the drained beans (should be around 3 cups after soaking) to the chicken stock mixture. Cover and cook slowly until desired tenderness is reached (about 30 minutes). Tilt lid if necessary to prevent boiling over. While blackeyes are cooking, prepare rice according to package directions. For each lucky individual, serve ½ c of blackeyes & their liquid over ½ c rice.

Serves 6-8.

Calories: 192, Carbohydrate: 32 grams, Protein: 5 grams, Fat: 5 grams