

Hoppin John with Kale, Smoked Turkey & Wild Rice



Classic Southern dish with a healthy twist.

Yield	33 lbs (50 cups Rice and 50 cups Bean mix)
Serves	50
Preparation time	10 minutes
Cooking time	2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
8	fl oz	1	cup	Olive oil	
4.75	oz	7	tbsp	Garlic	chopped
11	oz	4-1/3	cups	Onions	diced, sautéed
12.5	oz	6-1/4	qts	Kale, plain	stemmed, chopped
6.25	lb	12-1/2	cups	Tomato	diced
50	oz	12-1/2	cups	Turkey breast, smoked	diced
12.5	oz	3	cups	Carrots	diced, roasted
12.5	lb	9-1/2	qts	Black-eyed Peas, cooked with Minor's® Natural Gluten Free Vegetable Base - prepared	
250	oz	50	cups	Minnesota Wild Rice, cooked with Minor's® Natural Gluten Free Vegetable Base - prepared	

Preparation Steps

1. In olive oil, sauté garlic until lightly toasted. Add onions, kale, tomatoes, turkey and carrots. Sauté until hot. Toss in Black-eyed Peas and cook until mixture is hot.
2. Serve over hot Minnesota Wild Rice.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	218.6
Energy (KJ)	915.6
Protein (g)	13.8
Carbohydrate, total (g)	26.9
Fats, total (g)	6.6
Sugars, total (g)	3
Fats, saturated (g)	1.2
Fiber, total dietary (g)	3.5
Sodium (mg)	680.3
Calcium (mg)	45.2
Cholesterol (mg)	21.5
Iron (mg)	3.9
Fats, monounsaturated (g)	3.7
Fats, polyunsaturated (g)	1.2
Vitamin A (µg_RAE)	140.3
Vitamin C (mg)	17.8
Vitamin D (µg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

Black-eyed Peas with MINOR'S® Natural Gluten Free Vegetable Base



Vegetarian, gluten free legume recipe.

Yield	2-1/2 qts 10(6.3oz)servings
Serves	10
Preparation time	5 minutes
Cooking time	30 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
64	fl oz	2 qts		Water	
1.25	oz	2 tbsp		Minor's® Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)	
24	oz	1 qt		Black-eyed peas, dried	

Preparation Steps

- Over medium high heat, whisk together water and Vegetable Base. Add black eyed peas and bring to a simmer.
- Cover pot with lid and place in a 350°F convection oven for 30 minutes or until black eyed peas are tender. Be sure to test the peas for doneness.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	216.1
Energy (Kj)	920.8
Protein (g)	16
Carbohydrate, total (g)	37.6
Fats, total (g)	1.2
Sugars, total (g)	2.2
Fats, saturated (g)	0.4
Fiber, total dietary (g)	5.6
Sodium (mg)	274.4
Calcium (mg)	59.6
Cholesterol (mg)	0
Iron (mg)	5.2
Fats, monounsaturated (g)	0.1
Fats, polyunsaturated (g)	0.5
Vitamin A (µg_RAE)	7.2
Vitamin C (mg)	0.9
Vitamin D (µg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

HOPPIN' JOHN

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

- € ☐ Minnesota wild rice 6 lbs
- € ☐ Black-eyed peas 6 lbs
- € ☐ Diced tomatoes in juice 4- $\frac{1}{4}$ qts or 6.25 lbs

> Produce

***be sure to ask your distributor about local seasonal produce*

- € ☐ Kale 1.5 lbs
- € ☐ Onions 1 lb
- € ☐ Garlic 5 oz
- € ☐ Carrots 2 lb

> Frozen

€ €

> Protein

- ☐ Smoked whole-muscle turkey breast 3.5 lbs

> Dairy

€

> Refrigerated

- ☐ MINOR'S® Natural Gluten Free Vegetable Base 1 lb

HOPPIN' JOHN

PREP GUIDE

Serves: 50

All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.

> Day Before Service

- € ☐ Squirt bottle of olive oil for sautéing
- € ☐ Prepare 4.25 times the recipe for Minnesota wild rice prepared with MINOR'S® Gluten Free Vegetable Base
- € ☐ Prepare 4 times the recipe for black-eyed peas with MINOR'S Gluten Free Vegetable Base
- € ☐ Chop garlic
- € ☐ Clean, medium dice, oil, season, roast 1 lb onions
- € ☐ Clean, medium dice, oil, season, roast 2 lbs carrots
- € ☐ Clean, chop kale
- € ☐ Secure canned diced tomatoes in juice
- € ☐ Dice smoked turkey

> Day of Service

- € ☐ Heat rice

> Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans
- € ☐ Refuse container
- € ☐ Containers to hold vegetables, peas, and turkey cold (7)
- € ☐ Chaffer to hold rice hot
- € ☐ 8 oz scoop for rice
- € ☐ 1 tablespoon scoop for onions
- € ☐ ½ cup scoop for kale
- € ☐ 6 oz scoop for peas
- € ☐ ¼ teaspoon scoop for garlic
- € ☐ 2 oz scoop for tomatoes in juice
- € ☐ 1 oz scoop for turkey
- € ☐ 1 tbsp scoop for carrots
- € ☐ Serving spoon
- € ☐ Heatproof spatula