

## **Hoppin' John Stew**

### **Cajun Seasoning Mix:**

1 tbsp dried parsley flakes  
1 ½ tsp dried oregano  
1 ½ tsp dried thyme  
1 tsp paprika  
1 tsp instant chicken bouillon granules  
1 tsp ground cumin  
¼ to ½ tsp cayenne pepper  
½ tsp instant minced garlic  
½ tsp freshly ground pepper  
½ tsp salt

### **Other Ingredients:**

1 cup dried black-eyed peas  
½ cup dried lima beans  
½ cup dried red kidney beans  
Alternatively you can use 2 cups of a dried bean mix.

Soften mixed beans overnight covered in water, drain. Set aside.

### **Additional Ingredients:**

1 tbsp olive oil  
1 ½ cups chopped sweet peppers  
1 cup sliced carrots  
1 cup celery (optional)  
1 cup chopped onion  
6 cups water  
1 28 oz. can diced tomatoes  
1 Ham Hock (about 1 pound)  
½ cup uncooked long-grain rice

### **Directions:**

In 6 quart Dutch oven or stock pot, heat oil over medium heat until hot. Add peppers, carrots, celery and onions. Sauté for 4 to 5 minutes, or until vegetables are tender, stirring frequently. Stir in drained soaked beans, seasoning mix, water, tomatoes and ham hock. Bring mixture to boil over medium heat, stirring frequently. Reduce heat to low and simmer, partially covered, for 1 hour and 15 minutes, stirring occasionally. Stir in rice. Continue to cook, partially covered for 30 to 45 minutes, or until rice and beans are tender. Remove ham hock from soup. Cool slightly. Cut ham from bone. Discard bone. Add ham to soups. Serves 10-12. It's a great flavorful soup for cold rainy days.