

# Hoppin' John With Okra & Tomato Stew

Recipe by Timothy from [mississippivegan.com](http://mississippivegan.com)

(GLUTEN FREE, NUT FREE, AND SOY FREE)

Hoppin' John, meaning peas and rice, is traditionally eaten on new year's for good luck. The addition of greens, usually collards, represents wealth in the new year. I absolutely adore black eyed peas and have always scratched my head as to why we are accustomed to eating them only once a year? Not anymore! And I have merged this classic combination with another dynamic duo: okra and tomatoes. With all of these delicious ingredients mixed with loads of chopped vegetables, herbs, and spices- you are left with a hearty stew that is an authentic representation of the south. This recipe is near and dear to my heart, so I truly hope you enjoy it.

*Makes 10 - 12 servings / Cut in half for 5 -6 servings*

## ingredients:

2 cups onion, diced  
1 cup celery, diced  
1/2 cup red bell pepper, diced  
1/2 cup green bell pepper, diced  
1/2 cup olive oil  
14 cloves garlic, minced  
1 cup cabbage, shredded  
1 teaspoon dried thyme  
1 teaspoon onion powder  
1 teaspoon garlic powder  
1/2 teaspoon smoked paprika  
1/2 teaspoon pepper  
1 tablespoon red wine vinegar  
1 tablespoon gluten free tamari  
1 teaspoon vegan sugar  
1 teaspoon liquid smoke  
2 tablespoons nutritional yeast  
1/4 teaspoon nutmeg  
1/2 teaspoon cayenne pepper (optional)  
2 tsp salt (+ 1 additional at end, to taste)  
1 cup diced fresh tomatoes (\*reserve some for garnish)  
1 can diced tomato (14.5 oz. can)  
12 cups vegetable broth (no salt)  
2 cups shredded kale or collard greens  
1.5 cups okra, sliced into 1/2 inch pieces

## garnishes:

2 cups white rice



3 cups water  
1/2 teaspoon sea salt  
2 bay leaves  
2 tablespoons olive oil  
pinch of turmeric  
pinch of cayenne (optional)  
Green onions  
\*Reserved chopped tomatoes

soak the beans:

Start by rinsing and sorting out a 1 pound of dried black eyed peas (I recommend Camellia or also Rancho Gordo, they have some really cool varieties of peas.) Soak them in a bowl covered with a cloth overnight or at least 6 hours. Rinse and set aside or store in the fridge if not being used immediately.\*

next, prep!

To start the stew, you will need one large pot. Add 1/4 cup olive oil to the bottom of the pot and put the stove top on medium heat. Now, sauté your trinity. This would be the celery, bell peppers, and onions. Sauté this medley until it starts to sweat. Next, the layering of flavors will begin.\* Next, add your cabbage and garlic. Cook for another 6-7 minutes, until the cabbage becomes tender. Now it's time to add all of your seasonings. You will want to mix the sautéed veggies and these herbs very well and then cook them all together. This allows the spices to get happy and become united with the vegetable base.

add all of the seasonings.

*Here they are again to help you:*

1 teaspoon dried thyme  
1 teaspoon onion powder  
1 tsp garlic powder  
1/2 teaspoon smoked paprika  
1/2 teaspoon pepper  
1 tablespoon red wine vinegar  
1 tablespoon gluten free tamari  
1 teaspoon vegan sugar  
1 teaspoon liquid smoke  
2 tablespoons nutritional yeast  
1/4 teaspoon nutmeg  
1/2 - 1 teaspoon cayenne pepper (optional)  
2 tsp salt

Add an additional 1/4 cup of olive oil once all the spices are added to help merge all of the flavors together. Sauté the mixture on the existing medium heat for another 5 minutes, mixing well.

now add your broth and peas:

1 cup diced tomatoes (reserve some for garnish, I recommend cherry tomatoes for this soup)

1 can diced tomato (14.5 oz. can)

12 cups vegetable broth (no salt)

3 whole bay leaves

Once everything is added, throw in the beans and then bring to a boil. Then reduce it to a simmer. Cook on very low heat for 1 hour, stirring every so often.

final additions:

Now is your time to add salt to taste. I added 1 more tsp of salt. And I found that it was perfect.

You may want more, you may want less. It's up to you!\*

once ready to serve, add the final veggies:

2 cups shredded kale or collard greens (optional)

1.5 cups okra, sliced thinly, about 1/3" thick

Once these veggies are added, cover the stew with a lid and cook the okra and/or shredded greens for a good 5 minutes, until they are cooked thoroughly. This allows for the okra to still have a bit of crunch, and not become too soft. If you are serving the stew the next day, I recommend not adding the okra/kale/collards until right before serving them. Otherwise, the soup will get a bit slimy in texture from the okra and the greens will lose their hearty, fresh texture. Garnish each bowl with one to two scoops of rice. Sprinkle on sliced green onions and sliced cherry tomatoes. (*Now would be the time to sprinkle the last bit of salt I mentioned above.*)

here's how to make the rice.

2 cups white rice

3 cups water

1/2 teaspoon sea salt

2 bay leaves

2 tablespoons olive oil

A pinch of turmeric

A pinch of cayenne (optional)

In a large pan (preferably a cast iron skillet), dry toast the rice on medium heat until just golden brown. Dry toasting means there should be nothing in the pan. A trick here is to watch the rice closely and to keep moving it around with a wooden spoon so that it doesn't burn. After a minute or two, you will notice the rice becomes very fragrant, smelling absolutely outrageous.

Keep toasting for about 5-6 minutes. After toasting, cook the rice according to package instructions or using a rice cooker\*.

I hope you enjoy this dish as much as I do! See y'all later!

*Recipe by Timothy aka Mississippi Vegan*