

# Hopping John

*1 c. dried black-eyed peas*  
*1 chipotle*  
*6–8 sun-dried tomato halves*  
*4 c. water*

*1½ c. chopped onion*  
*1–2 cloves garlic, minced*  
*1 Tbsp. olive oil*  
*1 Tbsp. cider vinegar*  
*1½ tsp. salt*  
*1 tsp. black pepper*  
*½ tsp. cayenne*  
*½ tsp. marjoram*  
*1 bay leaf*

**C**ombine the first four ingredients and soak overnight. Put the peas and the soaking water into a pan. Coarsely chop the chipotle and tomatoes and return to the pan. Add remaining ingredients, bring to a boil and simmer covered for one-and-one-half to two hours.

*4 servings*

**Per serving: 220 calories; 12g protein; 4g fat; 34g carbohydrate; 0mg cholesterol**

**Source: original recipe 1/1/01**