

# Hoppin' John

## Stuffed Collard Rolls

Chef Roslyn Spence puts her own spin on this recipe, *adapted from cookbook, "How Not to Die" by Michael Greger, M.D., Gene Stone, and Robin Peterson*



Ready in **20 minutes** | Serves **4-6 people**  
Allow about 1½ hours for preparation and cooking

### Directions for Cooking along with Chef Roslyn Spence on Zoom

#### 1. Preparation before Zoom Session

- Cook and have ready for the day of the Zoom event 1 ½ cups of brown, red or black rice and 1 ½ cups of black-eyed peas (or substitute fresh with 1 can (15.5 oz.) drained and rinsed).
- To control your sodium intake, if using canned tomatoes or black-eyed peas, consider unsalted.
- If cooking with children or those with beginning knife skills—chop, dice, and mince vegetables (tomato, onion, green bell pepper, and garlic cloves) and trim the collard greens stems ahead of time to keep the cooking experience safe.

#### 2. The Filling

Sweat onion in tomato juice from can for about 3 minutes. Add bell pepper and garlic, and cook until softened. Stir in seasons and add cooked rice and black-eyed peas. Reduce heat, stir frequently, and cook for 10 minutes.

#### 3. The Collards

Bring a large pot of water to a boil. Place a single collard leaf, stem side up, on a flat surface and trim away the thicker part of the stem without cutting through the leaf. Repeat with remaining leaves. Submerge leaves in boiling water for about 3 minutes. Remove and rinse under cool water to stop the cooking process. Preheat oven to 350°F.

## Ingredients

1 14.5 oz. can diced tomato  
1 onion finely chopped  
1 green bell pepper finely chopped  
3 garlic cloves, minced  
1 teaspoon paprika  
½ teaspoon dried thyme  
¼ teaspoon cayenne  
¼ teaspoon black pepper  
1 ½ cups cooked brown, red or black rice  
1 ½ cups cooked (or 1 15.5 oz. can drained and rinsed) black eyed peas  
8-12 collard greens leaves, washed with ends trimmed  
1 teaspoon hot sauce  
Splash of [coconut amino acids](#) or [Braggs amino acids](#)  
(this will replace salt)

*Additionally, but optional (I use this in place of salt):*

1 Tablespoon [nutritional yeast](#) (available at Trader Joe's)  
1 teaspoon white [miso paste](#) ([more on miso pastes](#))

*Familiarize yourself with these salt substitutes and purchase or order them early (Try Walmart, Whole Foods, or Amazon)*



#### 4. The Tomatoes

Combine reserved tomatoes, hot sauce, nutritional yeast, and miso. Place half this mixture onto the bottom of baking dish. This is your braising liquid.

#### 5. The Stuffing Process

Place leaves on a flat surface with stem end closest to you. Place about 3 tablespoons of filling about a quarter away from the bottom of leaf. Roll up tightly. Be certain to tuck in the sides as you would a spring roll or egg roll. Repeat with remaining leaves and filling. Place them into baking dish. Distribute remaining tomato mixture over stuffed rolls. Cover tightly with aluminum foil or with oven-safe lid and bake for about 50 to 60 minutes.

## Tips

Feel free to substitute or make additions.

- Shredded smoked turkey
- Plant based “meat-sausage”
- Quinoa
- Sundried tomatoes
- Replace canned with fresh tomatoes and add fresh vegetable or chicken broth
- White beans