



HOME CHEF

PREMIUM

Sous Vide Ribs

With Hoppin' John and Green Beans



Sitting down to a plate of baby back ribs is always a special occasion, but when those ribs are cooked *sous vide*, we're talking about a whole new realm of delight. *Sous vide* is the French term for food that is cooked under a vacuum seal at a very precise temperature. The benefits of this technique are numerous, but our favorite is that in just 45 minutes you can make a plate of ribs (replete with green beans and Hoppin' John) so tender and juicy it'll make a pitmaster ugly-cry. Get your bibs ready, this one could get messy.

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 985
Carbohydrates: 85g
Fat: 48g
Protein: 35g
Sodium: 2247mg
per serving

DIETARY



GLUTEN-FREE



NUT-FREE

DRINK PAIRING

You should feel fully in your element with a plate of ribs in front of you, so whether that element includes Pabst Blue Ribbon or Pinot Noir, you do you.

INGREDIENTS

4 oz. Carrots
1 Shallot
12 oz. Canned Black-Eyed Peas
6 oz. Green Beans
½ Cup Parboiled White Rice
2 tsp. Gluten Free Minor's Chicken Base
1 Tbsp. Butter
1 Sous Vide Baby Back Ribs

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Baking Sheet
Small Bowl
Small Pot
Medium Pan

DID YOU KNOW?

Hoppin' John is a traditional Low Country dish of rice and black eyed peas. Eating a plate of Hoppin' John on New Year's Day is thought to lead to a prosperous year.

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Prepare the Ingredients

Preheat oven to 375 degrees. Prepare a baking sheet with foil. Thoroughly rinse produce and pat dry. Trim ends off **carrots**, peel, and cut into ¼" dice. Trim ends off **shallots**, peel, and cut into ¼" dice. Drain and rinse **black-eyed peas**. Trim tough ends off **green beans**.



Make the Hoppin' John

Heat a small pot over medium heat. Add 1 tsp. **olive oil** to hot pot, then add **carrots**, **shallots**, and ¼ tsp. **salt**. Cook, while stirring regularly, 3 minutes or until vegetables begin to soften. Add **rice** and **chicken base** and stir 1 minute. Add 1 cup **water** and **butter**, then bring to a boil. Reduce heat to low, cover, and cook 15-18 minutes, or until rice has absorbed all the liquid. Fluff with a fork, then stir in **black-eyed peas**. Cover and cook undisturbed for 2 minutes. Remove from heat and set aside to keep warm.



Cook the Ribs

Scrape excess **sauce** off **ribs** and out of package with a spoon into a small bowl to serve later on the side. Place ribs on baking sheet and brush lightly with a thin layer of sauce, if needed. Place in oven and cook for 15-17 minutes, or until a minimum internal temperature of 165 degrees has been reached. *The ribs are fully cooked and tender. They only need to be brought up to temperature.*



Cook Green Beans

Place a medium pan over medium heat. Add ½ tsp. **olive oil**, **green beans**, a pinch of **salt and pepper**, and ¼ cup **water**. Cover and cook 3-4 minutes, until green beans are bright green and slightly tender. Remove to a plate, wipe pan clean, and return pan to medium heat.



Heat Sauce

Add remaining **BBQ sauce** to pan used to cook green beans. Cook 1-2 minutes, just enough to heat the sauce through.



Plate the Dish

Divide **Hoppin' John** between two plates. Cut slab of **ribs** in half and cover with sauce. Place one half on each plate. Place **green beans** next to Hoppin' John and serve any **extra sauce** on the side.