

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Feijoada (Brazilian Black Beans and Rice)

Makes 8 servings

Feijoada (pronounced “fedg-wada”) is a Brazilian black bean stew typically made with various smoked meats. This recipe is a vegetarian variation using smoked paprika for that “smokey” flavor.

Ingredients:

- 1 pound dry black beans
 - 6 cups water
 - 2 tablespoons olive oil, divided
 - 1 large yellow onion, small diced
 - 1 red bell pepper
 - 2 garlic cloves, minced
 - 2 inch strip or orange peel (optional)
 - 1 bay leaves
 - ¼ teaspoon ground black pepper
 - 1 teaspoon cumin
 - 1 teaspoon smoked paprika
 - ½ teaspoon salt
 - 1 ½ cup diced tomato
 - ¼ cup chopped fresh cilantro or parsley (optional)
- 4 cups cooked brown rice

Instructions

1. **SORT** the black beans, discarding any stones or damaged beans.
2. **SOAK** the beans in 6 cups of water to soften before cooking. Here are 2 methods:
 - Over night or for at least 4 hours in the refrigerator. Discard soaking water.
 - Quick soak: bring beans and water to a boil. Turn off heat. Let sit 1 hour. Discard soaking water.
3. **SIMMER** the black beans: In a large, heavy-bottom stock pot over medium-high heat, bring the black beans with 6 cups of water. Cover the pan and reduce heat. Let simmer over low heat for 40-60 minutes, until tender. Drain beans in a colander.
4. Return the cleaned stock pot to the stove. Heat the oil over medium heat and cook the diced onion, red pepper, and garlic for 2 minutes, stirring occasionally.
5. Add the cooked beans, orange peel, bay leaf, seasonings, tomato, and 1 ½ cups water to the stock pot. Cover and let simmer over medium-low heat for additional 15 - 20 minutes. Remove bay leaf and orange peel, and discard. If desired, mash some of the beans for a smoother product.
6. Right before serving, sprinkle the chopped cilantro or parsley if desired.

Notes

1. **May use 3 cans pf low-sodium black beans instead of dry beans. Just rinse beans in a colander under running water and continue to step #5**

nutrition information

Per Serving: cal. (kcal) 342, Fat, total (g) 5, carb. (g) 60, fiber (g) 11, pro. (g) 14, vit. A (RE) 762, vit. C (mg) 29, sodium (mg) 302, calcium (mg) 81, iron (mg) 6