



Campfire Feijoada



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounces andouille sausage cut into 1/3-inch-thick rounds
- ☐ 1 bay leaf
- ☐ 30 ounces black beans with liquid canned
- ☐ 2 cloves garlic minced (large)
- ☐ 2.5 cups beef broth low-sodium
- ☐ 0.5 teaspoon oregano dried crumbled
- ☐ 2 plantains very ripe peeled sliced
- ☐ 1 onion red finely chopped

- ☐ 1 pound rice
- ☐ 4 ounces spicy smoked cut into 1/2-inch squares
- ☐ 2 tablespoons vegetable oil plus more for brushing

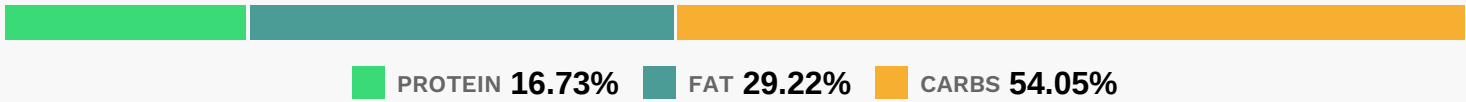
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ In a large flameproof cast-iron casserole, heat the 2 tablespoons of oil.
- ☐ Add the onion and garlic and cook over moderate heat until softened. Stir in the andouille and beef jerky.
- ☐ Add 2 1/2 cups of the broth, the bay leaf and oregano and bring to a boil. Cook for 10 minutes, stirring frequently.
- ☐ Add the beans and their liquid and simmer for 15 minutes longer. Discard the bay leaf.
- ☐ Meanwhile, light a grill. Mound the rice on the bottom half of a large sheet of nonstick heavy-duty foil. Fold the foil over the rice; fold up 2 of the sides and crimp.
- ☐ Pour the remaining 2 tablespoons of broth into the rice packet and crimp the remaining side. Set the packet on the grill and heat the rice until warm.
- ☐ Brush the plantains with oil and grill over moderately high heat, turning once or twice, until lightly charred and tender, about 5 minutes. Carefully open the rice packet and serve with the feijoada and plantains.

Nutrition Facts



Properties

Glycemic Index:2.74, Glycemic Load:4.91, Inflammation Score:-2, Nutrition Score:3.5526086765787%

Flavonoids

Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 106.02kcal (5.3%), Fat: 3.46g (5.32%), Saturated Fat: 1.07g (6.66%), Carbohydrates: 14.4g (4.8%), Net Carbohydrates: 12.73g (4.63%), Sugar: 1.82g (2.02%), Cholesterol: 7.71mg (2.57%), Sodium: 204.36mg (8.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.91%), Manganese: 0.17mg (8.75%), Fiber: 1.67g (6.68%), Phosphorus: 57.02mg (5.7%), Selenium: 3.75µg (5.36%), Potassium: 180.51mg (5.16%), Folate: 18.06µg (4.52%), Vitamin B3: 0.84mg (4.22%), Vitamin B1: 0.06mg (4.21%), Zinc: 0.62mg (4.15%), Iron: 0.73mg (4.04%), Copper: 0.08mg (3.85%), Magnesium: 14.83mg (3.71%), Vitamin B6: 0.07mg (3.51%), Vitamin K: 3.62µg (3.45%), Vitamin B2: 0.05mg (3.03%), Vitamin C: 2.2mg (2.66%), Vitamin B5: 0.22mg (2.24%), Vitamin A: 94.33IU (1.89%), Vitamin B12: 0.1µg (1.65%), Calcium: 12.04mg (1.2%)