



## Feijoada, Brazilian Black Bean Stew



Gluten Free



Dairy Free



Popular

READY IN



310 min.

SERVINGS



10

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 450 grams black beans dry
- ☐ 4 tablespoons olive oil extra virgin
- ☐ 450 grams boston butt pork shoulder cut into chunks
- ☐ 2 large onions sliced
- ☐ 1 head garlic peeled chopped
- ☐ 450 grams corned beef ribs cut into chunks
- ☐ 225 grams sausages fresh italian such as chorizo or sausage
- ☐ 450 grams sausage smoked such as linguica or kielbasa

- ☐ 1 ham hock smoked
- ☐ 3 bay leaves
- ☐ 10 servings water
- ☐ 411 grams canned tomatoes crushed canned
- ☐ 10 servings salt

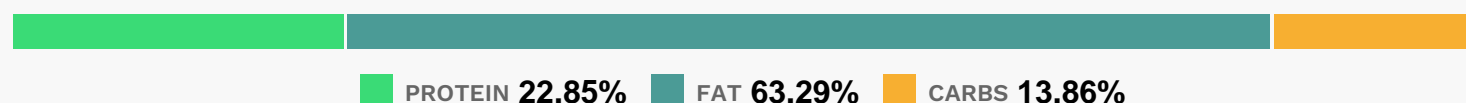
## Equipment

- ☐ pot

## Directions

- ☐ Pour boiling water over the black beans and let them sit while you prepare the rest of the stew.
- ☐ Heat the olive oil in a large pot over medium-high heat and brown the pork shoulder. When the meat has browned, remove the meat from the pot, set aside.
- ☐ Add the onions to the pot. Brown them, stirring occasionally, scraping up any browned bits from the bottom of the pot.
- ☐ Sprinkle a little salt over the onions and add the garlic. Stir well and sauté 2 more minutes.
- ☐ Add meat, bay leaves, cover with water, simmer:
- ☐ Add back the pork shoulder, and the other meats and add enough water to cover.
- ☐ Add the bay leaves, cover and bring to a simmer. Cook gently for 1 hour.
- ☐ Drain the black beans from their soaking liquid and add them to the stew. Simmer gently, covered, until the beans are tender, about an hour and a half.
- ☐ Add the tomatoes, stir well and taste for salt, adding if it's needed. Simmer this, uncovered, until the meat begins to fall off the ham hock, which will probably take 2-3 hours.
- ☐ Serve with white rice and hot sauce. A classic side dish would be sautéed collard greens.

## Nutrition Facts



## Properties

Glycemic Index:15.3, Glycemic Load:3.79, Inflammation Score:-5, Nutrition Score:19.571304523427%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

Nutrients (% of daily need)

Calories: 537.11kcal (26.86%), Fat: 37.58g (57.82%), Saturated Fat: 11.8g (73.74%), Carbohydrates: 18.52g (6.17%), Net Carbohydrates: 13.24g (4.82%), Sugar: 3.11g (3.45%), Cholesterol: 110.27mg (36.76%), Sodium: 1419.2mg (61.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.52g (61.05%), Vitamin B1: 0.67mg (44.46%), Selenium: 29.46µg (42.08%), Vitamin B12: 1.92µg (31.93%), Vitamin B3: 5.79mg (28.94%), Zinc: 4.22mg (28.14%), Phosphorus: 277.37mg (27.74%), Vitamin B6: 0.55mg (27.62%), Vitamin C: 19.71mg (23.89%), Potassium: 767.08mg (21.92%), Folate: 85.45µg (21.36%), Fiber: 5.27g (21.09%), Iron: 3.72mg (20.68%), Manganese: 0.41mg (20.27%), Vitamin B2: 0.33mg (19.43%), Copper: 0.35mg (17.43%), Magnesium: 66.44mg (16.61%), Vitamin B5: 1.07mg (10.72%), Vitamin E: 1.33mg (8.86%), Calcium: 63.21mg (6.32%), Vitamin K: 5.72µg (5.44%), Vitamin D: 0.5µg (3.3%), Vitamin A: 95.42IU (1.91%)