



Recipes

Beans

Vegetarian Feijoada

Prep Time: 10 minutes

Bean Soaking Time: 2-4 hours

Cooking Time: 1 hour

Yield: 4 servings

Ingredients:

1 cup dried black beans (or 2 cans)
6 cups water
2 tablespoons coconut oil
1½ teaspoons ground cumin
1 large onion, diced
1 red bell pepper, diced
4 cloves garlic, minced
1 tablespoon brown rice vinegar
1 tablespoon fresh thyme
Salt and pepper

Directions:

1. Quick soak the beans by boiling for 3 minutes in water. Remove from heat and let sit for 2-4 hours. Drain and rinse beans.
2. Add beans and fresh water to a pot. Bring to a boil, reduce to simmer and cook for 1 hour.
3. When beans are cooked, drain, reserving 1¼ cups of cooking liquid.
4. Heat oil in a sauté pan and add cumin, onion, pepper and garlic and cook for 10 minutes.
5. In a large pot add beans, reserved cooking liquid, sautéed veggies, vinegar, thyme, and salt and pepper to taste.
6. Stir everything together and cook until all ingredients are heated thoroughly.

Variations:

For a spicy Brazilian kick, add 1/2 teaspoon of chipotle powder.
Drain and finely chop sun dried tomatoes, mince parsley, and toss both into the salad.

Notes:

Feijoada is the national Brazilian dish, traditionally a hearty black bean and meat stew. This vegetarian version is also hearty and delicious and goes well with brown rice and garlicky greens.