

## FEIJOADA, BRAZILIAN BLACK BEAN STEW



Feijoada is one of the most famous Brazilian dishes. It often contains pork but this is the traditional recipe with a twist, and is satisfying and delicious. It's a really hearty, warming dish.

Prep time: 5 minutes, Cooking time: 15 minutes

### INGREDIENTS

1 medium onion, peeled and sliced, 2 tbsp oil, 2 cloves garlic, peeled and crushed, 1 tbsp smoked paprika, 2 tsp ground cumin, 1 large carrot, diced, 200g sweet potato, peeled and diced, 125g potato, peeled and diced, 200 ml vegetable stock, 1 bay leaf, 400g can black beans (keep the juice to incorporate in the cooking), salt and pepper to taste, 1 orange, zest

### METHOD

1. Fry the onion in the oil for 3-4 minutes, add the garlic and spices, and then the vegetables, including the beans and their juice. Turning the veg to coat them.
2. Add the stock and the bay leaf, then the beans. Bring to the boil.
3. Simmer for 10-12 minutes or until the sweet potato is tender, adding a little more water if it starts to dry out
4. Remove from the heat, stir in the orange zest and remove the bay leaf before serving. It's even better the next day!

**Serves 4. Serve with rice.**

**Optional** Use raw beans which will require pre-soaking and cooking.