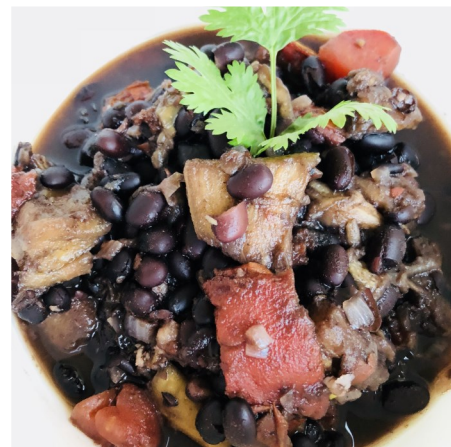


Feijoada (Brazilian Bean Stew)

Ingredients:

- 1 lb dry black beans, rinsed and drained
- 4 garlic cloves, pressed or minced
- 1 onion, chopped
- 1 can roasted diced tomatoes
- 2 eggplants, smoked, peeled, and chopped in big chunks
- 1 tsp olive oil
- 2 cups butternut squash cubed
- ½ cup chopped fresh cilantro
- 2 Bay leaves
- 2 tsp salt (or to taste)
- 2 TS tamari soy sauce (optional)
- 1 tsp onion powder
- 1 tsp garlic powder
- 7 cups water



Instructions:

1. Peel and press the garlic and let it sit on the cutting board for 10 minutes to develop more antioxidants.
2. Add the olive oil to the pan and turn the heat on to medium. Add chopped onions, then the garlic and sauté for a couple minutes.
3. Add the beans, the bay leaves, and the water and bring to a boil and cook until tender. If using the Instant Pot, cook for 19 minutes under pressure.
4. While the beans are cooking, wash and dry the eggplants. Pierce them with a fork and lay them directly on the flames of the of your gas stove top. Rotate every so often with a tong to make sure the skin gets evenly charred.
5. Transfer the eggplant to a cutting board and use a small serrated knife to peel it. Next, chop it into medium size pieces of about ½ inch.
6. Steam the butternut squash, and use part of the salt to season it
7. After the beans are cooked, add the can of roasted tomatoes, all the seasonings, the eggplant and put the lid back on so all the flavors can combine for a few minutes. When you are going to serve add the cooked butternut squash, and top the dish with chopped cilantro.

Recipe by Maggie Carneiro

Nutrition Facts

15 servings per container	
Serving size	1 cup (290g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 25g	9%
Dietary Fiber 9g	32%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2mg	10%
Potassium 485mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.