

# BRAZILIAN VEGETARIAN FEIJOADA (FEIJOADA VEGETARIANA) YIELD

4 TO 6 SERVINGS

## PREPARATION AND COOKING TIME

PREPARATION TIME: 20 MINUTES

COOKING TIME: 50 MINUTES

INACTIVE TIME: 10 MINUTES

## EQUIPMENT NEEDED

- CUTTING BOARD
- KNIFE
- PRESSURE COOKER
- WOODEN SPOON

## INGREDIENTS

- 3 TABLESPOONS OLIVE OIL
- 1 MEDIUM YELLOW ONION, SMALL DICED
- 8 CLOVES GARLIC, MINCED
- 1 CUP BELL PEPPER, DICED
- 2 BAY LEAVES
- 2 CUPS (ABOUT 1 POUND) DRIED BLACK BEANS, PICKED THROUGH AND RINSED
- 6 CUPS WATER
- 1 TEASPOON TOMATO PASTE
- 1 TABLESPOON RED WINE VNEGAR
- 1 TABLESPOON SALT
- 1/2 TEASPOON FRESHLY GROUND BLACK PEPPER TO TASTE
- 1/2 TEASPOON CUMIN
- 1 CUP SWEET POTATOES AND/OR PUMPKIN, PEELED AND CUT INTO MEDIUM CHUNKS (OPTIONAL)
- 1/4 CUP CHOPPED CILANTRO OR PARSLEY

## METHOD

1. HEAT A 6-QUART PRESSURE COOKER OVER MEDIUM HEAT, POUR 2 TABLESPOONS OF OIL AND THEN THE ONIONS, AND COOK UNTIL SOFT (ABOUT 2-3 MINUTES), STIRRING EVERY NOW AND THEN. ADD THE GARLIC, BELL PEPPERS AND BAY LEAVES AND COOK FOR ABOUT 1 MINUTE MORE. STIR IN THE BEANS, WATER, TOMATO PASTE, AND VINEGAR.
2. ADD REMAINING 1 TABLESPOON OF OIL, SALT, PEPPER, AND CUMIN. COVER, LOCK THE LID, AND BRING TO HIGH PRESSURE. COOK AT HIGH PRESSURE FOR 35 MINUTES. REMOVE FROM HEAT AND LET REST FOR 5 MINUTES. RELEASE THE STEAM AND THEN OPEN PRESSURE COOKER.
3. IF DESIRED, ADD SWEET POTATOES OR PUMPKIN CHUNKS, COVER, LOCK THE LID AND AND BRING TO HIGH PRESSURE. COOK AT HIGH PRESSURE FOR 15 MINUTES. REMOVE FROM HEAT AND LET REST FOR 5 MINUTES. RELEASE THE STEAM.
4. REMOVE BAY LEAF AND DISCARD. TASTE AND ADJUST SEASONING IF NEEDED. GARNISH WITH CILANTRO.



# BRAZILIAN VEGETARIAN FEIJOADA (FEIJOADA VEGETARIANA)

## METHOD (CONT.):

5. SERVE WITH WHITE RICE, SLICED ORANGES, KALE (THINLY CHOPPED, SAUTEED OVER MEDIUM HEAT WITH OIL AND GARLIC UNTIL SOFT, AND SEASONED WITH SALT AND PEPPER), AND TOASTED MANIOC FLOUR (A BY-PRODUCT OF CASSAVA).

## NOTES

- FEIJOADA (BLACK BEANS AND PORK STEW) IS CONSIDERED BRAZIL'S NATIONAL DISH. THIS IS THE VEGETARIAN VERSION OF THE ICONIC DISH, WHICH IS USUALLY SLOWLY COOKED ON THE STOVETOP FOR HOURS. THIS RECIPE IS AN ENERGY-SAVER BECAUSE IT IS COOKED IN THE PRESSURE COOKER, SHORTENING THE COOKING TIME CONSIDERABLY.
- THE OIL PREVENTS THE BEANS FROM FOAMING AND CLOGGING THE STEAM VENT OF THE PRESSURE COOKER, AND THE VINEGAR REDUCES GASES.
- STORE LEFTOVERS IN AN AIRTIGHT CONTAINER IN THE FRIDGE FOR UP TO 3 DAYS. FREEZE FOR UP TO 4-6 MONTHS.



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