

## Brazilian Black Bean Stew

Oscar · 29/09/2024



### Prep Time

45 mins

### Difficult

Medium

### Servings

6

### Description

This easy yet wonderful stew can be made any time of year. The meat can be omitted without compromising the dish. Serve hot with a great bread and a nice spinach salad.

### Ingredients

- 1 tablespoon canola oil - ¼ pound chorizo sausage
- chopped - ½ pound cooked ham
- chopped - 1 medium onion
- chopped - 2 cloves garlic
- minced - 2 (1 pound) sweet potatoes
- peeled and diced - 1 large red bell pepper
- diced - 2 (14.5 ounce) cans diced tomatoes with juice - 1 small hot green chile pepper
- diced - 1 ½ cups water - 2 (16 ounce) cans black beans
- rinsed and drained - 1 mango - peeled
- seeded and diced - ¼ cup chopped fresh cilantro - ¼ teaspoon salt

### Instructions

1. Heat the oil in a large pot over medium heat
2. and cook the chorizo and ham 2 to 3 minutes. Place the onion in the pot
3. and cook until tender. Stir in garlic
4. and cook until tender
5. then mix in the sweet potatoes
6. bell pepper
7. tomatoes with juice
8. chile pepper
9. and water. Bring to a boil
10. reduce heat to low
11. cover
12. and simmer 15 minutes
13. until sweet potatoes are tender. Stir the beans into the pot
14. and cook uncovered until heated through. Mix in the mango and cilantro
15. and season with salt.