

Feijoada Brazilian Black Bean Stew

Savannah · 28/09/2024



Prep Time

11 hrs

Difficult

Medium

Servings

8

Description

This feijoada recipe is my version of a traditional Brazilian black bean stew that maintains the rich smoky flavors famous in Brazil. Additional meats including sausage may be added if desired. This is excellent served over brown rice.

Ingredients

- 1 tablespoon olive oil - 1 ½ cups chopped onion
- divided - ½ cup green onions
- chopped - 1 clove garlic
- chopped - 1 (12 ounce) package dry black beans
- soaked overnight - 2 smoked ham hocks - 8 ounces diced ham - ½ pound thickly sliced bacon
- diced - 2 bay leaves
- crushed - ? teaspoon ground coriander - salt and pepper to taste - ½ cup chopped fresh cilantro (Optional) - ¼ cup chopped fresh parsley (Optional)

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios Heat oil in a large pot or Dutch oven. Add 3/4 cup chopped onion
2. green onions
3. and garlic; cook and stir until softened
4. about 4 minutes. Dotdash Meredith Food Studios Pour in soaked beans and fill with enough water to cover beans by 3 inches. Bring to a boil
5. then reduce heat to medium-low
6. and simmer uncovered for 2 hours
7. or until tender. Dotdash Meredith Food Studios While beans are cooking
8. place ham hocks in a smaller pot with 1/4 cup chopped onion. Dotdash Meredith Food Studios Cover with water and simmer until meat pulls off of the bone easily
9. about 1 hour. Dotdash Meredith Food Studios Drain and add to beans. Meanwhile
10. preheat the oven to 375 degrees F (190 degrees C). Dotdash Meredith Food Studios Place ham
11. bacon
12. and remaining onion in a baking dish. Bake until mixture is crispy
13. 15 minutes. Dotdash Meredith Food Studios Drain bacon and ham mixture and add to beans. Season with bay leaves
14. coriander
15. salt
16. and pepper. Simmer
17. uncovered
18. 30 minutes more. Dotdash Meredith Food Studios Stir in chopped cilantro and parsley just before serving. Dotdash Meredith Food Studios