

SAN DIEGO RESTAURANT WEEK

RECIPES

Feijoada | Brazilian Black Bean Stew

Courtesy of Rei do Gado

- 12 ounce dry black beans
- Pork and/or beef (any part)
- 8 ounces of diced ham
- Pork and/or beef (any part)
- 1 ½ cup of chopped onion
- ½ pound of thickly sliced bacon, diced
- 2 crushed bay leaves
- 1 minced garlic
- Salt and pepper for taste

Preparation:

1. Heat the oil in a large pot and stir cook onion and garlic until softened.
2. Add soaked black beans with 24 ounce of water (or more) to cook in high heat.
3. Cook bacon, ham and meat(s) in different pot.
4. When beans are tender, mix cooked meats in the same pot to the beans to cook 15 min.
5. Season with bay leaves, salt, and peppers and simmer 30 minutes.

