BRAZILIAN · LUNCH · DINNER · SIDE

Feijão: Brazilian Everyday Black Beans

70 min · Serves 8 · 210 kcal a serve · Video 4:11 · nando cuca

Vegan · Gluten-free ingredients · No nuts listed

Brazil's daily beans are vegan and very low in fat: each serve gives about 13 g plant protein and 12 g fibre, with no added sugar.

Diet notes: Low saturated fat (0.3 g, 1% of the energy); DASH-friendly (390 mg sodium a serve).

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Ingredients 7 · SERVES 8

- [ ] 500 g **dried black beans**, rinsed
- [ ] 2 litres **water** (about 1 litre stays as the bean broth)
- [ ] 2 **bay leaves**
- [ ] ½ **onion**, roughly chopped
- [ ] 3 cloves **garlic**, roughly chopped
- [ ] 1 tbsp **vegetable oil**
- [ ] **salt** to taste

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Rinse the beans and put them in a pressure cooker with the 2 litres of water and the bay leaves (fill it no more than halfway for beans). Lock the lid, bring up to pressure on high, then cook on medium for about 40 minutes. 0:51
2. Release the pressure safely, for example by running cold water over the lid in the sink. The beans should be soft and the liquid dark and slightly thickened. 1:29
3. Fry the onion and garlic in the oil in a frying pan until they start to colour. Add 2–3 ladles of beans and stir so they soak up the flavour. 1:52
4. Tip everything back into the pot, season with salt and simmer for 10 minutes more so the flavours blend. 2:10
5. No pressure cooker? Soak the beans overnight, drain, then simmer in 2 litres of fresh water with the bay leaves for about 2 hours until soft, and season the same way. 2:24

> **Tip** Serves about 8 (our estimate from 500 g dried beans). Serve over rice for the classic Brazilian plate. Freezes well with some of the broth. Without a pressure cooker, soak the beans overnight first.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
210 kcal 880 kJ	13 g 26% of a day	35 g 23 g net · 0.8 g sugars 13% of a day	13 g 45% of a day	2.4 g 0.3 g saturated 3% of a day	390 mg 17% of a day

Energy from net carbs 56% · protein 31% · fat 13%

High in (20%+ of a day) Folate 54% · Magnesium 24%

Source of (10–19%) Omega-3 19% · Iron 17% · Zinc 15% · Potassium 11% · Vitamin E 11%

Recipe and video: nando cuca (@nandocuca) on YouTube — youtube.com/watch?v=rbzKwHGaNrY, published 19 August 2013. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/feijao-brazilian-black-beans