PORTUGUESE · LUNCH · DINNER

Feijoada de Choco (Portuguese Cuttlefish and Bean Stew)

Feijoada de chocos

75 min · plus overnight soaking the beans · Serves 7 · 485 kcal a serve

Video 7:42 in Portuguese · Paulo Oliveira

Gluten-free ingredients · No dairy listed · No nuts listed

40 g protein and 9 g fibre a serve (32 g net carbs) from cuttlefish and slow-cooked white beans — rich in selenium, vitamin B12, iron and zinc.

Diet notes: Low saturated fat (3.9 g, 7% of the energy).

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Ingredients 14 · SERVES 7

- [ ] 14 oz **dried white beans** (or butter beans), soaked overnight
- [ ] some of the **bean cooking liquid** (about 1 cup)
- [ ] 2¼ lb **cleaned cuttlefish** (chocos), cut into strips
- [ ] about 3 tbsp **olive oil** (a drizzle for the cuttlefish, one for the pan)
- [ ] 2 medium **onions**, chopped (a little for the beans)
- [ ] 5 oz **bacon**, finely diced (optional — he uses it for flavour)
- [ ] 5 **garlic** cloves (2 whole for the beans, 3 chopped for the stew)
- [ ] **bay leaves** (1 for the beans, 2 for the stew)
- [ ] ½ **red capsicum** (bell pepper), very finely diced
- [ ] 2 tbsp **polpa de tomate** (thick tomato pulp)
- [ ] ¾ cup **dry white wine** (1 glass)
- [ ] a handful of **fresh coriander**, chopped
- [ ] **salt** to taste
- [ ] **ground black pepper**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Molluscs, Sulphites. 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. Drain the soaked beans and put them in a pot with a piece of onion, a bay leaf and 2 garlic cloves. Cover with water, add a little salt, put the lid on and cook for 40–45 minutes until tender. 0:44
2. Cut the cuttlefish into strips (not too thin) and remove the eyes. Toss with salt, pepper and a drizzle of olive oil and set aside. 1:16
3. Chop the onion and dice the bacon. In a separate pan, sauté them in a drizzle of olive oil with 2 bay leaves so the onion softens while the bacon browns. 1:53
4. Meanwhile dice the ½ red pepper as finely as you can. Add it to the pan, then the chopped garlic, and keep cooking until everything starts to caramelise and catch on the bottom. 2:59
5. Stir in 2 tbsp tomato pulp and let it cook down for a few minutes, scraping up the browned bits. 4:00
6. Add the cuttlefish and the white wine, season with a little more salt and pepper, and cook for 10–15 minutes until the cuttlefish is nearly tender. 4:32
7. Add the cooked beans with a little of their cooking liquid. Blend a small portion of the beans with some liquid and stir it in to make the sauce creamy, then bring to the boil. 5:14
8. Stir in plenty of chopped coriander and serve, with extra coriander on top. 6:33

> **Tip** Serves 7 (our estimate, about 12 oz a bowl; he says it makes plenty). He serves it with white rice; a green salad keeps it lower in carbs. 2 jars of cooked beans, drained, can replace the dried beans. Skip the bacon for a pescatarian stew.

The method is a summary in our words, in English — the video (in Portuguese) shows every step.

One serve gives you 1 OF 7 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
485 kcal 2,030 kJ	**40** g 79% of a day	**41** g 32 g net · 3.3 g sugars 15% of a day	**9.5** g 34% of a day	**16** g 3.9 g saturated 20% of a day	**1,080** mg 47% of a day

Energy from net carbs 30% · protein 37% · fat 33%

High in (20%+ of a day) Vitamin B12 165% · Selenium 128% · Iron 73% · Zinc 43% · Folate 35% · Magnesium 33% · Omega-3 33% · Potassium 30% · Vitamin B6 30% · Vitamin C 27% · Vitamin E 27% · Calcium 21%

Source of (10–19%) Vitamin A 19% · Vitamin K 14%

Recipe and video: Paulo Oliveira (@terapianofogo) on YouTube — youtube.com/watch?v=4prlidC0c9U, published 17 September 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/feijoada-de-choco