

Feijoada Vegana

A delicious and hearty vegan version of the traditional Brazilian feijoada, made with black beans and assorted vegetables.



Main Dish

Brazilian

90 min

Total time

Moderate

Difficulty

450

kcal / serving

Nutrition per serving (estimated)

Protein 16 g

Carbs 77 g

Fat 9 g

Fiber 16 g · Sugar 13 g · Sodium 500 mg

Ingredients

- 1 cup black beans
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 carrot, diced
- 1 bell pepper, diced
- 1 zucchini, diced
- 1 cup cherry tomatoes, halved
- 1 tablespoon olive oil
- 1 teaspoon cumin
- 1 teaspoon paprika
- Salt and pepper to taste
- 2 cups cooked rice
- 1 orange, sliced
- Fresh parsley, chopped (for garnish)

Steps

- 1 Soak the black beans overnight in water. Drain and rinse.
- 2 In a large pot, heat the olive oil over medium heat. Add the onion and garlic and cook until softened.
- 3 Add the black beans and enough water to cover them. Bring to a boil, then reduce heat and simmer for about 1 hour, or until the beans are tender.
- 4 Add the carrot, bell pepper, zucchini, and cherry tomatoes to the pot. Stir in the cumin, paprika, salt, and pepper. Cook for an additional 20 minutes, or until the vegetables are cooked through.
- 5 Serve the feijoada over cooked rice, garnished with orange slices and fresh parsley.

Substitutions

Zucchini – Use an equal amount of diced yellow summer squash.

Fresh parsley – Use an equal amount of chopped fresh cilantro.

Olive oil – Use an equal amount of neutral vegetable oil.

Chef’s tips

- Tender beans should hold their shape but crush easily with a fork; if they remain firm after the vegetables are ready, keep simmering until tender.
- For a thicker stew, mash a few beans against the side of the pot and stir them back in.
- Cooked rice should be fluffy rather than wet so it can absorb the bean broth without making the serving soupy.

Drink pairing

A crisp, dry cider

Its bright fruitiness complements the black beans and vegetables without weighing down the hearty stew.

0% option: Sparkling apple juice

Storage

Refrigerate leftovers within 2 hours in airtight containers and use within 3-4 days. Store rice separately if possible; reheat the stew and rice until steaming hot.

Frequently asked questions

How can I tell when the beans are tender?

They should be soft throughout and easy to crush with a fork, without a firm or chalky center.

Can I prepare the feijoada ahead?

Yes. Make the stew ahead and refrigerate it promptly; cook or portion the rice separately. Reheat both until steaming hot before serving.

What can I serve alongside it?

The rice and orange are already a balanced accompaniment; a simple green salad also works well with the hearty stew.