Feijoada Portobello

Source: Dora Stone, chef and photographer, founder of mmmole.com and dorastable.com.

Feijoada is the national dish of Brazil. Usually, it consists of a stew of beans and pork, but this version is made with portobello mushrooms and mixed with eggplant.

About the Recipe

260 Calories · 14 g Protein · 18 g Fiber
Dinner

Ingredients

Makes 4 Servings

- 4 portobello mushrooms, halved and sliced
- 1/2 onion, finely chopped
- 3 cloves garlic, finely chopped
- 1 1/2 c (123 g) eggplant, cut into cubes
- 1/2 c chayote (66 g) peeled and cubed, or equal amounts of any summer squash, such as zucchini
- 1 carrot, peeled and cubed
- 1 can (360 g) black beans
- 3 c (700 mL) vegetable broth, separated
- 1 sprig cilantro
- 1 tbsp (15 mL) smoked paprika
- 1/4 tsp (1.2 mL) red pepper flakes
- 1/3 tbsp (5 mL) soy sauce
- 1/4 c (60 mL) orange juice, fresh

Directions

1. Heat a large pot over medium-high heat.
2. Add the portobello mushrooms and cook for 8 to 10 minutes or until it begins to brown and become tender. If it begins to stick to the pot, add a little water or vegetable broth. Mix constantly.
3. Add onion, garlic, and 1/2 c (120 mL) vegetable broth. Cook for 3 minutes or until onion is tender.
4. Add the eggplant and 1/2 c (120 mL) of vegetable broth and cook for 3 to 4 minutes or until eggplant is tender.
5. Add the chayote, carrots, and 1/2 c (120 mL) of vegetable broth and cook for 4 minutes or until vegetables are tender.
6. Pour beans, remaining 1 1/2 c (350 mL) vegetable broth, paprika, red pepper flakes, soy sauce, orange juice, and cilantro into the pot and boil gently for 20 minutes.
7. Season with salt and pepper to taste. Serve with brown rice and sautéed chard.

Nutrition Facts

Per serving (1/4 of recipe)

Calories: 260
Fat: 2 g
    Saturated Fat: 0 g
    Calories from Fat: 5%
Cholesterol: 0 mg
Protein: 14 g
Carbohydrate: 50 g
Sugar: 8 g
Fiber: 18 g
Sodium: 1,333 mg
Calcium: 124 mg
Iron: 4 mg
Vitamin C: 13 mg
Beta-Carotene: 1,897 mcg
Vitamin E: 1 mg
Potassium: 990 mg