

# Feijoada Portobello

Source: Dora Stone, chef and photographer, founder of [mmmole.com](http://mmmole.com) and [dorastable.com](http://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***

- portobello mushrooms, halved and sliced (3 cups)
- onion, finely chopped (1/2)
- garlic, finely chopped (3 cloves)
- eggplant, cut into cubes (1 1/2 cups)
- chayote, peeled and cubed, or equal amounts of any summer squash, such as zucchini (1/2 cup)
- carrots, peeled and cubed (1/2 cup)
- black beans (1 can)
- vegetable broth, separated (3 cups)
- cilantro (1 sprig)
- smoked paprika (1 tablespoon)
- red pepper flakes (1/4 teaspoon)
- soy sauce (1 teaspoon)
- orange juice, fresh (1/4 cup)

## 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 cup vegetable broth. Cook for 3 minutes or until onion is tender.&nbsp;
4. Add the eggplant and 1/2 cup of vegetable broth and cook for 3 to 4 minutes or until eggplant is tender.&nbsp;
5. Add the chayote, carrots, and 1/2 cup of vegetable broth and cook for 4 minutes or until vegetables are tender.&nbsp;
6. Pour beans, remaining 1 1/2 cups 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