Brazilian Black Beans

Source: Healthy Eating for Life to Prevent and Treat Diabetes by Patricia Bertron, R.D.; recipe by Jennifer Raymond, M.S., R.D.

Black beans are an excellent source of protein and fiber!

About the Recipe

121 Calories · 5.8 g Protein · 8 g Fiber
Dinner

Ingredients

Makes 10 Servings

- water (1/2 cup)
- onion, chopped (1)
- garlic, chopped (3 cloves)
- small jalapeño pepper, chopped (1)
- carrot, thinly sliced (1)
- celery, sliced (1 stalk)
- yam, cubed (1, approximately 2 cups)
- red bell pepper, seeded and cubed (1)
- fresh cilantro, chopped (1 cup)
- fresh or canned tomato, chopped (1 cup)
- oranges, peeled and well chopped (2)
- black beans, undrained (2 15-ounce cans)
- ground coriander (1 tsp.)
- ground cumin (1 tsp.)

Directions
1. Heat the water in a large pot, then add the onion, garlic, jalapeño pepper, carrot, celery, and sweet potatoes. Cook over high heat, stirring frequently, until the onion is tender, about 5 minutes.

2. Add the bell peppers and cilantro and cook for 3 minutes, stirring frequently. Add tomato, oranges, black beans and their liquid, coriander, and cumin.

3. Cover lightly and cook over low heat for 15 to 20 minutes.

**Nutrition Facts**

*Per Serving (1 cup)*

**Calories:** 121  
**Total Fat:** 0.6 g  
  **Saturated Fat:** 0.1 g  
  **Calories from fat:** 4.4%  
**Cholesterol:** 0 mg  
**Protein:** 5.8 g  
**Carbohydrates:** 24.5 g  
**Sugar:** 5.3 g  
**Fiber:** 8 g  
**Sodium:** 236 mg  
**Iron:** 1.9 mg  
**Vitamin C:** 40.2 mg  
**Beta-Carotene:** 2,329 mcg  
**Vitamin E:** 0.6 mg