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

Note: A stick of celery is also called a rib of celery. A celery stalk is the whole bunch!

Ingredients

Makes 10 Servings

- 1/2 c (120 mL) water
- 1 onion, chopped
- 3 cloves garlic, chopped
- 1 small jalapeño pepper, chopped
- 1 carrot, thinly sliced
- 1 stalk celery, sliced
- 1 sweet potato, cubed
- 1 red bell pepper, seeded and cubed
- 1 c (16 g) fresh cliantro, chopped
- 1 c (180 g) fresh or canned tomato, chopped
- 2 oranges, peeled and well chopped
- 2 15-oz cans (720 g) black beans, undrained
- 1 tsp (5 mL) ground coriander
- 1 tsp (5 mL) ground cumin

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