

# 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