

Brazilian Black Bean Soup

Yield: 4 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-feijoada-recipe-dutch-oven>

Ingredients:

- 3/4 cup sausage diced chourico
- 2 tablespoons olive oil
- 1 onion small, finely chopped
- 1 carrot medium, finely chopped
- 2 cloves garlic minced
- 3 cups chicken broth
- 540 milliliters black beans drained and rinsed
- 1 bay leaf
- 1 orange
- chopped cilantro for garnish, optional
- 1 cup water
- 1 cup milk
- 1/2 cup canola oil
- 1 teaspoon salt
- 450 grams tapioca starch
- 3 eggs
- 200 grams grated Parmesan cheese

Nutrition:

1. Calories: 1180 calories
2. Carbohydrate: 140 grams
3. Cholesterol: 210 milligrams
4. Fat: 56 grams
5. Fiber: 11 grams
6. Protein: 38 grams
7. SaturatedFat: 13 grams
8. Sodium: 1950 milligrams
9. Sugar: 6 grams

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