

Rich and Hearty Brazilian Feijoada

Yield: 10 min
Total Time: 660 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-black-turtle-beans-recipe>

Ingredients:

- 1 1/2 pounds black turtle beans small
- 1/2 pound dried beef Brazilian, or beef jerky
- 1 ham hock
- 1 pound pork ribs
- 1 pound smoked chorizo or another spicy smoked sausage
- 1 pound beef sirloin or smoked pork loin
- 1/2 pound smoked bacon slab
- 1/2 pound pig smoked, or beef tongue, optional
- 1 bay leaf
- 1/4 cup vegetable oil
- 2 onions finely chopped
- 3 cloves garlic mashed
- 1/3 cup chopped parsley
- 1 1/2 teaspoons cumin
- salt to taste
- pepper to taste

Nutrition:

1. Calories: 890 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 150 milligrams
4. Fat: 50 grams
5. Fiber: 11 grams
6. Protein: 59 grams
7. SaturatedFat: 16 grams
8. Sodium: 1540 milligrams
9. Sugar: 3 grams

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