

Brazilian Feijoada

Yield: 8 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-orange-rice-recipe>

Ingredients:

- 2 cups black beans dried
- 4 slices thick cut bacon
- 2 pounds boneless pork shoulder trimmed of fat and cut into 1/2-inch cubes
- 1/2 teaspoon salt more for sprinkling the meat before browning
- 1/2 teaspoon ground black pepper freshly, divided
- 3 beef short ribs boneless, trimmed, about 1-2 pounds
- 3 cups white onion or finely chopped yellow, about 2 medium
- 1 1/4 cups low sodium chicken broth
- 4 garlic cloves minced
- 9 ounces smoked ham hock
- 1 tablespoon white vinegar
- 8 orange wedges
- cooked rice for serving

Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 140 milligrams
4. Fat: 41 grams
5. Fiber: 14 grams
6. Protein: 46 grams
7. SaturatedFat: 17 grams
8. Sodium: 570 milligrams
9. Sugar: 2 grams

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