

# Feijoada, Brazilian Black Bean Stew

Yield: 11 min  
Total Time: 310 min

Recipe from: <https://www.recipeschoose.com/recipes/toscana-sausage-sandwich-recipe-brazilian>

## Ingredients:

- 1 pound black beans
- 4 tablespoons olive oil
- 1 pound pork shoulder cut into chunks
- 2 onions large, sliced
- 1 head garlic peeled and chopped
- 1 pound (450 grams) carne seca or corned beef, cut into chunks or corned beef, cut into chunks
- 1/2 pound (225 grams) fresh sausages, such as chorizo or Italian sausage fresh, such as chorizo or Italian sausage
- 1 pound smoked sausage such as linguica or kielbasa
- 1 smoked ham hock or shank
- 4 bay leaves
- water
- 14 1/2 ounces crushed tomatoes 411 grams of
- salt

## Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 120 milligrams
4. Fat: 32 grams
5. Fiber: 4 grams
6. Protein: 37 grams
7. SaturatedFat: 10 grams
8. Sodium: 2270 milligrams
9. Sugar: 2 grams
10. TransFat: 1 grams

Thank you for visiting our website. Hope you enjoy Feijoada, Brazilian Black Bean Stew above. You can see more 17 toscana sausage sandwich recipe brazilian Experience culinary bliss now! to get more great cooking ideas.