



**Makes 6 cups stew + 3 cups rice**  
**Preparation Time: 25 minutes**  
**Cook Time: 15 minutes**

#### INGREDIENTS:

1½ cups chopped red bell pepper

¾ cup chopped onion

2 tablespoons no-salt-added tomato paste

3 cloves garlic, minced

3 15-oz. cans no-salt-added black beans, rinsed and drained (4½ cups)

2 cups low-sodium vegetable broth

1½ tablespoons lime juice (zest lime for garnish, if desired)

1 bay leaf

¾ teaspoon dried oregano, crushed

¾ teaspoon ground cumin

1 teaspoon sea salt

¼ teaspoon ground allspice

¼ cup chopped fresh cilantro

3 cups hot cooked brown rice

Orange slices

## Vegan Feijoada (Brazilian Black Bean Stew)

Fragrant with warming spices, this plant-based twist on the traditional Brazilian black bean **stew** achieves a rich umami flavor by adding tomato paste to the broth. Tender, melt-in-your-mouth **black beans** give vegan feijoada its earthy creaminess, while caramelized onion and bell pepper provide a background sweetness. Garnish with orange slices, lime zest, and cilantro to really bring the flavors alive.

### Tips

**To store:** Transfer leftovers to an airtight container. Store in the refrigerator up to 5 days.

**Cooked brown rice:** This recipe calls for cooked brown rice. Be sure to have this on hand, or get it going before you start the stew. Feel free to use another grain such as quinoa or farro.

For more inspiration, check out these tasty ideas:

- [Black Bean Chili with Quick-Pickled Avocado](#)
- [Caribbean Black Bean Soup with Mango Relish](#)
- [Zucchini, Corn, and Black Bean Soup](#)
- [Jamaican Vegetable Stew with Mini Dumplings](#)

By Caitlyn Diimig, RD

- 1 In a large saucepan cook bell pepper, onion, tomato paste, and garlic over medium 4 minutes, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking.
- 2 Stir in the next eight ingredients (through allspice). Bring to boiling; reduce heat. Cover and simmer 15 minutes or until heated through and flavors meld.
- 3 Remove and discard bay leaf. Stir in cilantro. Serve stew over rice. Garnish with orange slices and, if you like, lime zest and additional cilantro.