

VEGETARIAN FEIJOADA

from moosewoodcooks.com

(serves 6)

Ingredients

- | | |
|---|--|
| 2 cups chopped onions | 5 cups cooked black beans
(four 15-oz cans, drained) |
| 2 garlic cloves, pressed or minced | salt to taste |
| 1 cup minced celery | 1½ lbs collard greens or kale |
| 2 chopped bell peppers ,
(red, yellow and/or green) | 1 cup water |
| ½ cup water | 4 oranges |
| 2 cups canned tomatoes
(one 18-oz can, undrained) | 2 Tbsp soy sauce |
| ¼ cup chopped fresh cilantro | toasted cassava meal (<i>optional</i>) |
| ¼ tsp dried thyme | |
| ½ tsp ground fennel | |
| 1 tsp ground coriander | |

Instructions

1. Place the onions, garlic, celery, bell peppers, and water in a large saucepan.
2. Drain the juice from the tomatoes into the pan, squeeze the juice from each tomato into the pan, and then chop the tomatoes and set them aside.
3. Place the pan on high heat and boil the vegetables, stirring often, for about 15 minutes, until the onions are translucent.
Lower the heat and stir in the cilantro, thyme, fennel, and coriander.
4. Add the black beans and chopped tomatoes, cover, and simmer on low heat for about 15 to 20 minutes. Add salt to taste.
5. While the black beans simmer, remove and discard the collard or kale stems and rinse the leaves well. Stack the leaves and slice them crosswise into ¼-inch strips.
6. In a saucepan, bring the greens and water to a boil. Cover and simmer, stirring frequently as the greens wilt, for about 15 minutes, until the greens are tender.
7. Meanwhile, peel and section the oranges and set aside.
8. When the black beans and the rice are ready, drain the greens and toss with the soy sauce.
9. Serve the feijoada on a large platter as described above or on individual plates. Pass the toasted cassava meal at the table, if desired.

NOTES If you plan to use dried beans, make cooking the beans your first step and be sure to allow enough time for whatever cooking method you decide to use. 1¾ cups dried beans will yield about 5 cups.