

A close-up photograph of a Brazilian dish, likely a variation of feijoada. The dish consists of sliced sausage, black beans, white rice, and green peas. The sausage is cut into thick, round slices, showing a reddish-brown interior. The black beans are whole and dark in color. The white rice is fluffy and mixed with the other ingredients. The green peas are bright green and appear to be cooked. The overall appearance is a hearty, traditional meal.

Brazilian Black Beans and Sausage

INGREDIENTS

- 2 tsp. **oil**
- 8 oz. **low-fat Polish kielbasa sausage** cut into bite-sized pieces
- 1 **large onion** chopped
- 1 clove **minced garlic** (or 1/4 tsp. garlic powder)
- 1 **green bell pepper** chopped

- 1 cup **uncooked rice** (get your whole grains by using brown rice)
- 15 oz. **canned black beans** drained and rinsed
- 2 cups **water**

8
SERVINGS

40
MINUTES
TOTAL TIME

DIRECTIONS

- 1 Heat oil over medium-high heat (350°F in an electric skillet); sauté sausage and onion until onion is translucent.
- 2 Add remaining ingredients.
- 3 Bring to a boil over high heat, then reduce heat to low, cover, and simmer for 20 minutes.
- 4 Refrigerate leftovers within 2 hours.

Nutrition Facts: 190 Total Calories, 4 g Total Fat, 1 g Saturated Fat, 20 mg Cholesterol, 420 mg Sodium, 28 Total Carbohydrate, 3 g Dietary Fiber, 2 g Sugars, 8 g Protein.
Daily Value of Vitamins: 10% Vitamin A, 35% Vitamin C, 2% Calcium, 8% Iron.

Recipe adapted from foodhero.org.

For tips and tricks to help your family live healthier, visit EatSmartWNY.org.

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