

Vegetarian Feijoada & Sides

Yields: 8–10 servings

1. The Feijoada (Main Stew)

- **Prep:** Finely dice the onion and garlic. Slice the sausage into rings about 1/2-inch thick (pro tip: slice them while semi-frozen to keep their shape).
- **Sauté:** Heat a large pot over high heat with vegetable oil. Add the sausages and season generously with **smoked paprika** and salt. Sauté until well-browned. Add the onion and garlic; cook until translucent and golden.
- **Simmer:** Drain the liquid from the bean cans and add only the beans to the pot. Add a bit more salt, the bay leaves, and cover with water (don't overdo the water—just enough to cover).
- **Finish:** Once boiling, reduce to medium. Cook for at least 20–30 minutes, stirring occasionally. The longer it cooks, the better the flavor.

2. Couve (Sautéed Collard Greens)

- **Prep:** Wash the leaves and remove the thick center rib (cut a "V" shape). Stack the leaves, roll them tightly like a cigar, and slice into very thin ribbons.
- **Cook:** Heat a large pan with olive oil and/or butter. Sauté minced garlic until it starts to color. Add the greens (all at once or in batches).
- **Season:** Toss until wilted and dark green. Squeeze fresh lemon juice over them and season with salt and black pepper. Remove from heat immediately once wilted.

3. Vinagrete (Brazilian Salsa)

- **Prep:** Finely dice the red onion, yellow bell pepper, and tomatoes. The smaller the dice, the better. Finely chop the parsley.
- **Dress:** Mix the vegetables with 2 tbsp lemon juice, 2 tbsp white vinegar, 2 tbsp extra virgin olive oil, a pinch of salt, and a slightly larger pinch of sugar. Refrigerate until serving.

4. White Rice

- **Cook:** Sauté minced garlic in vegetable oil over medium heat. Add 2 cups of long-grain rice and toast for 2 minutes. Add salt and 3 cups of warm water.

- **Finish:** Partially cover the pot. Once the water has almost evaporated, fluff the rice, turn off the heat, and cover completely for 5 minutes.

5. Farofa (Toasted Cassava Flour)

- **Shortcut:** Buy "Yoki" brand ready-to-eat farofa.
- **Upgrade:** Sauté sliced red onions in plenty of butter (or a butter/oil mix) with salt and a bit of sugar until they are very dark golden/caramelized. Stir in the farofa to coat.



Grocery Shopping List

Produce

- ☐ 2 Small onions (1 white/yellow, 1 red)
- ☐ 1 Head of garlic
- ☐ 1 Bunch of Collard Greens (Couve)
- ☐ 1 Yellow bell pepper
- ☐ 1 Bunch of fresh parsley
- ☐ 2 Large tomatoes (or 4 small)
- ☐ 3-4 Lemons (or limes)

Pantry / Canned Goods

- ☐ 4 Cans (15-16 oz) Black beans (Goya preferred; ensure they aren't "seasoned" or sweet)
- ☐ Long-grain white rice
- ☐ 1 Bag of Yoki Farofa (look in the international/Brazilian aisle)
- ☐ Vegetable oil
- ☐ Extra virgin olive oil
- ☐ White vinegar
- ☐ Sugar
- ☐ Salt & Black pepper
- ☐ Dried bay leaves

- ☐ **Smoked Paprika** (Essential for the flavor!)

Refrigerated / Frozen

- ☐ 2 Packs Beyond Sausage (Brat Original flavor)
- ☐ Butter

Would you like me to adjust the quantities if you decide to make a half-batch (4-5 servings) instead?