

Brazilian-style Beans

8 servings

Ingredients

- Dried pink beans, 2 cups
- Water to cover beans (about 12 cups)
- Olive oil, 2 tsp
- Onion, 1 large, finely chopped
- Garlic, 3 cloves, finely chopped
- Bacon, 4 slices, finely chopped

Preparation

Put the beans in a large bowl, cover with water (at least 1 inch above the level of the beans) and leave them overnight to soak. Boil in a pan of water with the lid on until cooked through. Meanwhile, drizzle olive oil in a deep pan so that it covers the bottom. Place over low heat and add onions when oil is warm. Sauté onions for 3-4 minutes. Add the bacon and sauté for 5-6 minutes. Add the garlic and cook until fragrant, about 1-2 minutes. At this point you can add the beans together with all of the liquid. Increase the heat to medium and stir well. While stirring crush beans on the bottom and side of the pan with your spoon, this helps to make a thicker bean sauce. Add salt to taste. Boil for an additional 15-20 minutes.

Serve together with rice.



Nutrition Information

Per Serving

Calories: 41

Fat: 1.7 g

Saturated Fat: .34 g

Protein: 1.6 g

Carbohydrate: 5.2 g

Fiber: .83 g

Sugars: .9 g

Cholesterol: 1.1 mg

Sodium: 25.4 mg

Calcium: 11.7 mg

Potassium: 91.4 m