



Brazilian Black Bean Stew

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Makes	30 tastes in the classroom	From the garden:	Coriander, onion, garlic, red capsicum
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Equipment	Ingredients
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<ul style="list-style-type: none"> ▪ Measuring cups and spoons ▪ Non slip mat ▪ Chopping board ▪ 2x cooks knives ▪ Large saucepan with lid ▪ Strainer ▪ Vegetable peeler ▪ Can opener ▪ 3x serving bowls ▪ 3x serving spoons 	<ul style="list-style-type: none"> ▪ 1 tablespoon Canola Oil ▪ 150 grams Chorizo sausage, chopped ▪ 1 medium onion ,chopped ▪ 2 cloves garlic, chopped ▪ 2 sweet potatoes , peeled and diced ▪ 1 large red capsicum, diced ▪ 1x 800 grams tin tomatoes with juice ▪ 1 small green chili pepper, deseeded and finely diced ▪ 1 ½ cups water1 can black beans , rinsed ▪ 1 mango, peeled and sliced ▪ ¼ cup freshly chopped coriander
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What to do

<ol style="list-style-type: none"> 1. Heat oil in a large saucepan over medium heat and cook chorizo for 2-3 minutes. Place the onion in the pot , cook until tender. 2. Stir in garlic, and cook until tender, then mix in the sweet potatoes, red capsicum, tomatoes with juice, chili and water. 3. Bring to the boil, reduce heat to low, cover and simmer for 15 minutes until sweet potatoes are tender. 4. Stir the beans into the pot, and cook until heated through. Mix in the mango and coriander. 5. Serve immediately.
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Bottom Drawer	<i>Did you know?</i> Black beans are a staple in many diets across South America. They are used in a variety of dishes. They are both high in protein and fibre.
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