



### **Brazilian Bean Stew (Feijoada)**

*It's super simple to make in an instant pot or pressure cooker*

- 2 slices raw smoked bacon
- 1-1/3 pounds chuck beef stew meat
- Salt; ground black pepper as desired
- 3 Tablespoons canola oil, divided
- 1 large onion, chopped
- 2 Poblano peppers, seeded; chopped
- 12 cloves garlic, sliced
- 1 (14 oz.) smoked sausage, sliced
- 1 cup red wine
- 1 to 2 cups beef broth, divided
- 1 (15 ounce) can diced tomatoes with juice
- 2 Tablespoons red wine vinegar
- 2 Tablespoons chili powder
- 2 (19.7 oz.) cans black beans, drained; rinsed

4 Tablespoons cornstarch mix with 3 Tablespoon water

Serve with: Cooked rice as desired

Garnish: minced red onions; sliced fresh jalapeno peppers; cilantro sprigs; sliced oranges

**Cook Bacon:** In 10-inch cast iron skillet, fry bacon to cook but not crispy brown. Remove bacon; cool; cut into bite-size pieces.

**Sear Beef Chunks:** Sprinkle beef chunks with salt and black pepper. Sear beef in batches in bacon drippings. Do not crowd the meat in the pan. Remove seared caramelized beef; continue searing remaining beef chunks. Set aside.

**Sauté in Instant Pot:** Place 2 Tablespoons oil in Instant Pot cooker on “sauté” setting; add onion and poblano pepper; cook stirring constantly until beginning to soften, about 5 minutes. Add garlic; cook 1 minute or until fragrant.

**Add Ingredients:** Add seared beef chunks, bacon pieces, smoked sausage, red wine, 1 cup beef broth, tomatoes with juice, vinegar, and chili powder; stir to combine.

**Set Instant Pot to Cook:** Secure lid on Instant Pot; set pressure to “High”; let cook for 21 minutes. Release pressure slowly. Stir in black beans and stir in cornstarch slurry. Set Instant Pot to “Low” and cook to thicken stew. After resting, if stew needs to be thicker, mash a small amount of the beans. If stew is too thick, add remaining beef broth until desired consistency.

**To Serve:** Spoon some cooked rice into small bowls; top with thickened beef stew; garnish with minced red onion, jalapeno slices, and cilantro sprigs. Serve with halved orange slices. Serves: about 6

Inspired by: South American Cooking; Better Homes & Gardens;

<https://www.cuisineathome.com/>;

<https://www.fromachefskitchen.com/feijoada-brazilian-beef-stew/>

**Cook’s Note:** This recipe is an adaptation of the original recipe and readjusted to use an Instant Pot for cooking. The original Brazilian Beef Stew, which is a national dish, takes one to two days to make and adds

beef tongue, pork spareribs and fresh pork sausage in addition to the meats we included in the recipe.

**About the Recipe:** Brazil is known for their delicious meat dishes. Their traditional stew will vary depending on the cook. This variation is easy to make, only requiring some searing of the beef chunks and bacon. It features black beans, flavorful Poblano peppers, lots of garlic, and generous chunks of meat. If you like it hotter, just add hot chili powder and more peppers. This is a Meal to Remember!