

Vegetarian Portuguese Stew (Feijoada)
Serves Six



This dish was prepared for Jewish Cooking Connection Director, Cantor Judy Sofer, by Chef Pedro Canha on a recent trip to Portugal. It is a contemporary version of the traditional meat and pork dish.

Ingredients

1 large red onion, diced
1 clove garlic
1 cup chopped tomatoes
2 tablespoons tomato paste
2 teaspoons cumin
½ teaspoon paprika
1 teaspoon Korean Kimchi
1 teaspoon Korean Gochujang
1 tablespoon soy sauce
¼ cup port wine
¼ cup red wine
1 quart vegetable broth
½ cup croutons (dried, toasted bread cubes)
olive oil
salt
2 cups cooked large white lima beans
2 cups cooked edamame beans
6 large mushrooms, cut in half
6 small bok choy
6 large radishes, sliced
6 cherry tomatoes
sesame oil

Directions

1. For sauce: Heat a small amount of olive oil in medium saucepan and add diced onions. Sauté until transparent and add garlic clove. When garlic is cooked through, remove it from pan. Add chopped tomatoes, cumin, paprika, and 1 teaspoon salt. Cook together for a few minutes.
2. Add kimchi, both red wines, tomato paste, gochujang, 1 cup vegetable broth, and croutons. Bring to a low simmer.

3. While sauce is simmering, partially cook vegetables in a separate frying pan.
4. Heat four teaspoons of sesame oil and saute mushrooms over medium heat until barely cooked through. Remove from pan and repeat process with bok choy and radishes. Pour soy sauce over radishes to deglaze the pan and set vegetables aside.
5. Taste the sauce for seasoning and adjust as needed. Puree sauce in a blender or food processor until smooth.
6. To assemble the final dish: Heat a small amount of olive oil in a large pot, add edamame, mushrooms, tomatoes and salt and heat through. Add pureed sauce, lima beans, radishes and bok choy. Bring to a simmer and allow flavors to blend.
7. Serve stew over a bed of rice.

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Nutrition Facts

Servings: 6

Amount per serving

Calories 274

% Daily Value*

Total Fat 6g 8%

Saturated Fat 0.9g 4%

Cholesterol 0mg 0%

Sodium 798mg 35%

Total Carbohydrate 35.3g 13%

Dietary Fiber 10.8g 39%

Total Sugars 8.7g

Protein 22.4g

Vitamin D 83mcg 414%

Calcium 291mg 22%

Iron 6mg 34%

Potassium 1571mg 33%

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by www.verywellfit.com