



Brazilian Stewed Beef Feijoada

with Collard Greens & Rice



1h



2 Servings

We're taking a trip to South America tonight with a hearty Brazilian bean and meat stew, feijoada. This rich stew features tender black beans and grass-fed ground beef simmered with onions, garlic, a warming spice blend, and cilantro stems. Before serving the feijoada, we add fresh orange juice for a hit of sweet acidity. A side of sautéed collard greens and fluffy rice round out this comforting dinner.

What we send

- 5 oz jasmine rice
- 1 medium yellow onion
- garlic
- 12 oz collard greens
- ¼ oz fresh cilantro
- 1 orange
- 10 oz pkg grass-fed ground beef
- ¼ oz chorizo chili spice blend
- 1 (15 oz) can black beans

What you need

- kosher salt & ground pepper
- neutral oil
- apple cider vinegar (or red wine vinegar)
- sugar

Tools

- small saucepan
- medium pot with lid (or Dutch oven)

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1120kcal, Fat 53g, Carbs 117g, Proteins 47g



1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**, bring to a boil. Cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



4. Build stew

Heat **2 tablespoons oil** in same pot over high until almost smoking. Add **beef** in a single layer; season with **salt** and **pepper**. Cook, undisturbed, until browned on one side, 3-5 minutes. Break beef into smaller pieces. Add **onions** and cook, stirring frequently, until softened, 3-4 minutes. Add **garlic**, **cilantro stems**, and **chorizo spice blend**. Cook until fragrant, 1 minute.



2. Prep ingredients

While **rice** cooks, finely chop **half of the onion** (save rest for own use). Finely chop **2 teaspoons garlic**. Trim ends from **half of the collard greens** (save rest for own use), remove tough center stem, then stack leaves and cut into 1½-inch ribbons. Pick **cilantro leaves** from **stems**; thinly slice stems, keeping leaves whole. Halve **orange**.



5. Finish stew

To pot, add **beans and their liquid**, **1½ cups water**, and **2 teaspoons salt**. Bring to a simmer, then reduce heat to medium. Cover pot with lid slightly ajar and simmer, stirring occasionally, until flavors meld, 10-15 minutes. Use a slotted spoon to transfer **¼ cup of the stew** to a small bowl and mash with a fork to break down beans. Return mashed beans to pot and remove from heat.



3. Cook collard greens




Heat **1 tablespoon oil** in a medium pot or Dutch oven over medium-high. Add **collard greens** and **half of the garlic**; cook, stirring, until wilted, 1-2 minutes. Add **3 tablespoons water** and season with **salt** and **pepper**. Cook until collards are bright green and tender, and water is evaporated, 2-3 minutes. Transfer to a bowl and cover to keep warm. Wipe out pot.



6. Finish & serve

Squeeze juice from **one of the orange halves** into **stew**; stir in **1½ teaspoons vinegar** and **½ teaspoon sugar**. Cut **remaining orange half** into wedges. Fluff **rice** with a fork. Spoon **rice** into bowls and top with **feijoada stew**. Serve **collard greens** alongside and garnish with **whole cilantro leaves**. Squeeze **orange wedges** over top, if desired. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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