

## FEIJOADA (BRAZILIAN-STYLE BEEF STEW)

### INGREDIENTS

4 tablespoons vegetable oil, divided  
1 large onion, chopped  
2 Poblano peppers, seeded and chopped  
12 large cloves garlic, sliced  
2 1/2 pounds chuck stew meat  
salt and freshly ground black pepper  
1 package (14-ounce) kielbasa, halved and sliced  
1 cup orange juice  
3 cups beef broth  
1 can (15-ounce) diced canned tomatoes, undrained  
2 tablespoons red wine vinegar, or to taste  
2 tablespoons hot chili powder  
2 cans (15-ounce) black beans, drained and rinsed  
4 tablespoons corn starch mixed with 3 tablespoons water

### To serve

brown rice (optional)  
Jalapeno slices  
Avocado slices  
Finely chopped red onion  
Orange and lime wedges  
Cilantro sprigs, for garnish  
sour cream (if it is too spicy)

### DIRECTIONS

In a large Dutch oven, heat a tablespoon of vegetable oil until smoking. Add the onion and poblano pepper and cook, stirring occasionally until beginning to soften, approximately 5 minutes. Add the garlic and cook briefly until fragrant.

Turn pressure cooker off. Remove veggies to a work bowl. Return the Dutch oven to the stove and heat another tablespoon oil over medium-high heat. Season the beef with salt and black pepper. Brown the beef in batches, being careful not to crowd the pan, adding remaining 1 tablespoon oil as needed. After each batch, add the meat to the work bowl with the veggies. Once all the meat is browned, return all the meat and veggies to the Dutch oven. Add kielbasa, orange juice, beef broth, tomatoes, vinegar and chili powder and stir to combine. Bring to a simmer.

While the stew is coming up to a simmer, heat the oven to 325F.

Once the oven is hot and the stew is simmering, place the pot in the oven with the lid on. Braise for 2 hours or until beef is tender. Return to medium heat on the stove top and add black beans and corn starch slurry and simmer gently until thickened. Serve with suggested sides.