



Arroz Corn Feijao

Brazil | Easy | 8-10 hours | 8 servings | Soup



Tools and equipment

- ~ Stainless steel cooking saucepan or pot
- ~ Stainless steel frying pan
- ~ Strainer
- ~ Bowl

Directions

Preparation of rice:

- 1 Add butter and salt in a cooking pot.
- 2 Sauté rice, then add water to cover rice.
- 3 Let boil until rice is cooked.

Preparation of beans:

- 4 Wash beans and soak in water for eight to ten hours.
- 5 Boil until beans are soft.
- 6 Heat oil in a frying pan up to 120-140°C (never exceeding 180°C).
- 7 Add garlic and onion in the frying pan.
- 8 Sauté until colour is gold or transparent.
- 9 Add 15 g of cooked beans, and mash.
- 10 Add salt and pepper, cook a little longer, then add to the bean pot.
- 11 Cook with a laurel leaf until soup becomes creamy.
- 12 Serve hot with rice.

Ingredients

Rice:

Rice, raw	450 g
Table salt	5 g
Butter	15 g
Water	720 ml

Beans:

Black or red bean, raw	200 g
Cooking oil	20 ml
Garlic, finely chopped	10 g
Onion, sliced	110 g
Laurel leaf	1 unit
Pepper	5 g
Table salt	5 g