

Brazilian Black Bean Mango Stew



Makes:

6 servings

Utensil:

5 Qt./4.7 L Multi-Purpose Oil Core

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Recipe Description:

This savory and fruity stew combines many diabetes-fighting elements and exotic tastes to bring a delicious and healthy meal to your table.

¹?₄
pound
chorizo sausage, chopped
(113
g)

¹?₄
pound
ham, chopped or diced
(113
g)

1
medium onion

2
cloves garlic, minced

2
medium sweet potatoes, peeled and diced (approximately 1 pound)

1
large red bell pepper, diced

ounces
 diced fire roasted tomatoes with juice
 (800
 g)
 2
 tablespoons
 diced green chilies
 (30
 g)
 1 ¹/₂
 cups
 water
 (360
 mL)
 32
 ounces
 black beans, rinsed and drained
 (900
 g)
 2
 mangos, peeled, seeded and diced
¹/₄
 cup
 cilantro, chopped
 (10
 g)
 salt to taste

Directions:

1. Preheat electric roaster to 350°F/177°C. Cook sausage and ham for 2 - 3 minutes, stirring occasionally. Add onion and cook until tender.
2. Stir in garlic, sweet potatoes, bell pepper, tomatoes with juice, green chilies, and water. When bubbles are rolling, reduce heat to 180°F/82°C, cover, simmer for approximately 15 minutes, until sweet potatoes are tender (fork can easily be inserted into potato). These steps can be done earlier in the day at which point turn off the heat and perform the remaining steps prior to serving.
3. Add beans and cook uncovered until heated through.
4. Mix in mango and cilantro and briefly continue to heat. Serve hot.

Tips:

- Use fire roasted tomatoes for a richer flavor.

– Nutritional Information per Serving

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Calories:

447

Total Fat:

9g

Saturated Fat:

3g

Cholesterol:

25mg

Sodium:

1010mg

Total Carbs:

70g

Dietary Fiber:

19g

Sugar:

17g

Protein:

24g