

## RECIPE - Vegan Feijoada - 4 portions

### Ingredients:

1 tbsp of coconut oil (or grapeseed oil or olive oil)  
2 garlic cloves  
1tbsp of spring onions  
½ cup of eggplants  
½ cup of cooked carrots  
½ cup of sweet potatoes in cubes  
5 small dried shiitake (70g)  
1 tsp of soya sauce (low sodium)  
salt  
½ tsp of smoked paprika  
4 cups of black beans (1 cup blended)  
1 cup of water

### Instructions:

- 1- Preheat oven to 200C and prepare 1-2 large baking sheets (depending on how many vegetables you're roasting) with baking paper or a [non-stick sheet](#). Add to a baking pan and bring to the oven for 25min, toss them when half time.
- 2-Cut carrots in small cubes and cook in water with a 1/2tsp of salt.
- 3-Cook the sweet potatoes in water (al dente)
- 3-Hydrate the dried shiitake with warm water and soya sauce (low sodium).
- 4-Heat the oil in a pan and fry the spring onions and garlic until golden.
- 5-Add the beans paste and water, let cook and add the beans, carrots, sweet potatoes, mushrooms, smoked paprika and salt , mix all and cook for 10 minutes or until boils. Cook for another 5 or 10min. Adjust salt and paprika.

Serve with white rice and sauté Kale in garlic.