

Traditional Brazilian Beans

INGREDIENTS:

9 ounces pinto beans, uncooked
2 bay leaves
3½ ounces bacon, chopped
4 garlic cloves, chopped
5 ounces Kielbasa sausage, sliced
1 onion (small), chopped
Salt (to taste)

DIRECTIONS:

Let the beans soak for 24 hours in the fridge. Drain and cook beans on the stove until softened. Add more water if necessary to keep them covered. In a pan, sauté garlic, onion, bacon and sausage. Mix together all ingredients and simmer for 15 minutes.

NUTRITION:

Makes 10 cups. Without added salt, each 1-cup serving has 180 calories, 8 grams (g) fat, 8 g protein, 18 g carbohydrate, 4 g fiber and 200 milligrams sodium.