

Diet

Access to food varies by social class in Brazil. For the majority of people, the staple foods are rice, manioc (a root much like the potato), and black beans. Almost every kind of fruit grows in Brazil, including oranges, bananas, apples, peaches, strawberries, papayas, mangoes, and avocados. These are often sold at roadside markets. Chunks of beef on skewers are also favorites at the roadside stands.

Healthy recipe

Brazilian black bean soup (serves 8-12)

Ingredients

1 lb. dried black beans

Water

1 red onion, chopped

2 stalks celery, chopped

1 green pepper, cored and chopped

4 cloves garlic, peeled and crushed

½ cup olive oil

3 vegetable Maggi cubes

1 cup orange juice

1 tsp. lemon juice

2 tbsp. ground cumin, or to taste

Salt/pepper to taste

Toppings (optional): sour cream and/or avocado slices

Directions

1. Sort through dried beans for possible stones. Rinse.
2. Fill just over half of a 6 qt. slow cooker with water. Add beans. Bring to boiling and then turn to 210 degrees.
3. Add the onion, celery, pepper, garlic, and olive oil.
4. Cook at 210 degrees for 4-6 hours, or until the beans are very soft and soupy.
5. Add the Maggi cubes, juices, and cumin.
6. Salt and pepper to taste.
7. Serve with (toppings if desired and) rice and a mixed fruit salad.