



BeFit

Be Fit. Eat Healthy. It's your choice.



MASSACHUSETTS
GENERAL HOSPITAL

HEART CENTER

Brazilian Black Bean with Chorizo and Ham

Savory stew of sweet potato, black beans, mango, tomatoes, onions, chorizo sausage ham and cilantro.

Ingredients: 1 teaspoon olive oil

- 1- 1/4 ounces chorizo sausage, diced**
- 1-1/4 ounces ham, diced**
- 2 3/4 ounces onion, diced**
- 1 teaspoon garlic, minced**
- 10 ounces sweet potato, peeled, diced**
- 2- 1/2 ounces red pepper, diced**
- 11 ounces tomato, diced**
- 1/4 ounce Poblano chili pepper, diced**
- 1/4 ounce Jalapeno red pepper, diced**
- 1/4 cup + 3 1/3 tablespoons water**
- 5 ounces mango chunks**
- 1-2/3 tablespoons fresh cilantro, chopped**
- 1/8 teaspoon salt**

Instructions:

- 1. Heat oil and add the Chorizo and ham. Brown about 5 minutes**
- 2. Add onion and cook for 3 minutes, add garlic and sauté for 3 minutes-stir frequently.**
- 3. Add red peppers, Poblano chili pepper, Jalapeno red pepper, diced tomatoes, sweet potatoes and water.**
- 4. Simmer on low for 15 minutes, or until potatoes are tender.**
- 5. Add the black beans and cook for 5 minutes.**
- 6. Add the mango, cilantro and season with salt. Stir well.**
- 7. Serve with brown rice.**

Yield: 4-10 ounce servings

NUTRITION INFORMATION PER SERVING:

CALORIES: 186

FAT: 4.15 grams