



Rookie Cookie's Recipe

Black Bean and Beef Casserole



This is a popular dish in Brazil.

You'll need:

- 1 celery stalk, chopped fine
- 2 carrots, chopped
- 2 onions, chopped
- 3 garlic cloves, chopped fine
- 1 bell pepper, chopped
- 1/4 cup vegetable oil
- 1 (14 1/2-ounce) can stewed tomatoes
- 1 pound stew beef, cut into cubes
- 2 (16-ounce) cans black beans, drained

What to do:

1. Cook first five ingredients in vegetable oil in a large pot over medium heat for 5 minutes. Stir often.
2. Add tomatoes and beef. Cover. Lower heat to simmer and cook for 30 minutes. Stir every 5 minutes.
3. Add beans. Cook uncovered for 15 to 20 minutes. Serves 8.