

Vegan Feijão (bean stew), 1 portion

- Put the beans to soak the day before
- Cut 1 onion into pieces
- Cut 5 garlic cloves into pieces
- Fry the onions and garlic, add a little bit of sugar and wine and vegetable stock cube
- Add beans, and fry lightly. Add water to cover everything.
- Cook in the pressure cooker, once it starts making noise wait 15 minutes.
- In the meantime, clean and cut the chuchu vegetable.
- In olive oil, fry 1 onion, 1 tomato, and garlic, fry the chuchu with salt and black pepper.
- Once beans are ready, blend them a bit to increase thickness of the broth.
- Add the cooked chuchu to the bean stew.



Arroz (rice)

- Wash rice thoroughly, add water two fingers above rice level.
- Add salt and garlic, taste water to make sure it is flavored
- Steam the rice (use a pot lid)

Brigadeiro (chocolate dessert)

- Melt a spoonful of butter, the can of condensed milk, and 4 spoons of cocoa powder
- Cook on low heat until it stops sticking to the bottom of the pan
- Either roll into balls and coat in chocolate sprinkles, or serve in a small bowl with chocolate sprinkles



Vegan Farofa, 1 portion

- Cut an onion into small pieces
- Cut 3 garlcs into small pieces
- Cut half a green bell pepper into small pieces
- Add butter and cook onions until golden
- Add garlic and green pepper, along with a vegetable stock cube
- Add the cassava flour and fry with the other ingredients until golden brown
- Add salt and black pepper

Brazilian Vinaigrette, 4 portions

- Cut 2 onions into cubes
- Cut 2 tomatoes into cubes
- Cut half a green bell pepper into cubes
- Add half teacup of white wine vinegar
- Add teacup of olive oil
- Add a teaspoon of sugar
- Mix all and leave in fridge for 2 hours.

