



INGREDIENTS

- (3) 15½ Ounce Cans Black Beans (drained and rinsed)
- ½ Pound Fresh Pork Sausage (such as chorizo, sliced)
- ½ Pound Pork Ribs (cut into pieces)
- ⅓ Pound Salted Pork Belly* (cut into chunks)
- ⅓ Pound Smoked Bacon* (chopped)
- 1 Cup Onion (finely chopped)
- 4 Teaspoons Garlic (minced)
- 2 Bay Leaves
- 1 Tablespoon Vegetable Oil
- Salt and Pepper (to taste)
- 5 Cups Water (as needed)
- Fresh Orange Slices (for garnish)
- Fresh Cilantro (for garnish)

DIRECTIONS

1. In a large pot over medium heat, add the vegetable oil and sauté the chopped bacon until it begins to crisp. Then, add the sausage, pork ribs, and pork belly. Sear the meats for 5-6 minutes until browned on all sides.
2. Add the chopped onion and minced garlic to the pot. Stir and sauté for about 5 minutes until softened and fragrant.
3. Add the black beans and bay leaves to the pot. Stir everything together, ensuring the beans are evenly distributed among the meat.
4. Pour in enough water to cover the beans and meat by about 2 inches. Bring the mixture to a boil, then reduce the heat to low. Cover the pot and let the stew simmer gently for 1½ to 2 hours. Stir occasionally to prevent sticking and check the liquid level, if necessary, add more water to keep the ingredients submerged.
5. After 1½ hours, season the stew with salt and black pepper to taste. Adjust the seasoning gradually, as the flavors develop more as the stew cooks.
6. Once the meat is fully cooked and the flavours have melded, remove the bay leaves from the pot. Stir in freshly chopped cilantro and add orange slices just before serving, if using.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

14 Cups

PORTION SIZES

Toddler: ¾ Cup

Preschool: 1 Cup

School Age: 1¼ Cups

Adult: 1¼ Cups

**This food item does not credit in CACFP.*