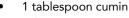


SOPA DE FRIJOLES

SERVINGS 4
PREP TIME 30 MIN
COOK TIME 2 HRS

INGREDIENTS

- 1 lb frijoles (black beans), soaked for 5 hours
- 4 small pork ribs
- 3 plantains , peeled and cut in 3
- 1 lb cassava , peeled and cut into 2-inch pieces
- 4 tablespoons olive oil
- 1 white onion , sliced
- 1 small red bell pepper (or green), diced
- 6 cloves garlic , chopped
- 1 bunch cilantro , chopped



- Salt
- Pepper



- 1. In a large pot, heat the olive oil.
- 2. Fry the onion for 1 minute over medium heat, stirring several times.
- 3. Add the garlic and bell pepper, mix well and cook for 1 minute over low heat.
- 4. Pour the beans into the pot.
- 5. Cover with boiling water about 2 inches (5 cm) above the beans.
- 6. Add the cilantro.
- 7. Mix well and cook covered over medium heat for 1 hour, stirring very gently from time to time.
- 8. Place the pork chops in a pan and sear over medium-high heat until browned on both sides. Put them in the pot of beans.
- 9. Add 1 cup (250 ml) boiling water and continue cooking for 20 minutes.
- 10. Peel and cut the cassava and plantain into pieces and add them to the pot.
- 11. Add the cumin, salt and pepper.
- 12. Mix well, cover the pot and cook again until the cassava begins to crack (about 30 minutes).
- 13. Serve frijole sopa with white rice, grated fresh cheese, avocado and tortillas.