



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
- 1 tablespoon cumin
- Salt
- Pepper

DIRECTIONS

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.

