



BANDEJA PAISA

SERVINGS 4
PREP TIME 30 min
COOK TIME 1 hr 30 min

INGREDIENTS

- 500 grams of white rice
- 4 Arepas (or substitute with large sized arepas)
- 4 slices of maduro banana
- 1/2 cup of hogao or Sofrito
- 500 grams of beans (If they are dry, let them soak the night before), or use 4 cans of beans (Pinto beans)
- 1 large avocado or 2 medium
- 500 grams of bacon
- 4 Colombian chorizos
- 4 fried eggs
- 500 grams of ground beef
- 1 teaspoon garlic
- 1 teaspoon all purpose seasoning
- Salt and black pepper to taste

DIRECTIONS

1. Make the white rice as usual.
2. Make 4 medium arepas.
3. 4 slices of fried plantain.
4. Prepare the hogao or use sofrito.
5. In a pot cook the beans, along with the hogao/sofrito and add the triguisar or whole seasoning and stir to evenly distribute the spices.
6. Cook the meat separately in 4 cups of water, garlic, salt and pepper.
7. After this remove the meat and let it drain for a few minutes and mash it lightly.
8. Cut the bacon into four portions and cook it all in salted water for a few minutes.
9. Following this, fry it in the oil.
10. Fry the eggs separately.
11. Divide the avocado in 4 portions.
12. Cook the chorizos in water and then fry them in the oil.
13. Serve immediately.

