Beans Paisa Style

Recipe supplied by **Sonia Arango**

This is my favourite recipe for beans.

Usually canadian styple bean recipes contain too much sweetener such as molasses. This Colombian style of beans is very different, not too sweet, but very tasty.

Ingredients

- 1/2 small bag of white beans (in colombia cargamanto brand),
- 1 carrot split lengthwise,
- 1 green plantain (has to be green or the beans will be sweet) chopped into small pieces,
- 2 cabbage leaves chopped into small pieces,
- 1 green onion chopped into small pieces,
- salt (don't put too much),
- beef or chicken stock (optional ricostilla is a good choice)
- 1 piece of yucca (optional),
- 1/2 slice of bacon, meaty part (optional),

Preparation

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- Soak the beans overnight in water

- bring your pot of water to a boil (with optional piece of bacon in it)

- Wash the beans and discard bad bits before putting them in the pot

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- Add salt to taste

- Add ricostilla (or whatever stock you choose) if you like that.

- Cover pot, let it boil 30 minutes before adding other ingredients

- Peel Carrot and wash it and split it lengthwise in half

- Peel the green platano

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- Dice the platano

- Dice a couple of cabbage leaves

- Wait the same 30 minutes as the carrots before adding these to the pot

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- Peel the (optional) yucca, slice it lengthwise in two or dice it

- Wait the same 30 minutes as the carrots before adding these to the pot

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- Sautee the green onions with garlic to add them at the end

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- Once the ingredients have had time to cook and your carrot is done

- Take the two carrot slices out of the pot and put them in the blender

- Add enough of the broth from the pot to liquify the carrots to the blender

- Liquify the carrots and add it all back to the pot

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- Great now eat it while it is hot