

Baked colombian beans

Difficulty: Easy

Preparation time: 12 hours

Cooking time: 9 minutes

Ingredients:

- * 2 kg dried beans
- * 2.5 liters of water
- * 30 g tomato paste
- * 300 g onions
- * 150 g carrots
- * 20 g cumin powder
- * 200 g bell pepper
- * 30 g salt
- * 5 garlic cloves
- * 3 bay leaves
- * pepper

Method:

1. Place the dried beans in cold water and leave to soak in the refrigerator for 12 hours.
2. Drain the beans and place in a heavy-based saucepan with: water, pepper, chopped garlic, bay leaves,
3. Add the onion, green onion, bell pepper, carrot, and green platano, cut into coarse pieces, and stir to co
4. Place the lid on the pot and cook over low heat for 9 minutes.
5. Remove the lid and blitz 500 g of cooked beans.
6. Mix this sauce with the remaining beans and serve.