



BEANS

RECIPE FOR 6 SERVINGS

INGREDIENTS

- 1 pound red beans
- 1 pound ground beef meat
- 1 pound ground pork meat
- 3 cut up sausages
- Tomato paste
- Tomatoes
- Onion
- Red pepper cut into julienne strips
- Beef or chicken stock cubes
- Salt, pepper, garlic,
- Green banana

PREPARATION

- ✓ Soak the beans overnight, and cook them with the beef or chicken stock cubes in a pressure cooker for 20 minutes.
- ✓ Chop the onion, tomatoes, red pepper, ground garlic and sauté in a skillet with some olive oil; add the beef and pork meat, and cut up sausages; season and let simmer a while. Add the beans and the finely diced bananas, and cook until the banana is squasy. Incorporate the tomato paste, salt to taste and cook until it thickens a little.
- ✓ Serve with Rice

SAITE S.R.L.

www.quinuasait.com.bo

info@quinuasait.com.bo