

## ***Beans from the region of Antioquia***

### **Ingredients:**

1. 2 pounds kidney beans
2. 4 slices chopped bacon or 1/2 pound piece of salt pork
3. 2 green plantains, finely chopped
4. 1 tablespoon salt
5. 1 tablespoon cooking oil
6. 4 small tomatoes, peeled and chopped
7. 2 onions, chopped
8. 1 clove garlic, minced

### **Method:**

1. Wash the beans and let soak overnight.
2. Put beans and bacon in a pressure cooker with sufficient water to cover. Cook for about 1 hour, or until tender. Add plantains and cook until they are tender. Add salt, and mix well.
3. In separate pan, sauté the tomatoes, onions, and garlic until soft; then add to beans. Cook another 30 minutes, until flavors have absorbed.