

# Gallo Pinto (Costa Rican rice and beans)

Prep time: 30 minutes  
Cook time: 30 minutes  
Yield: 4 cups

Serving size: 8  
Calories per serving: 255



## Ingredients:

1 pound dried Black Beans, 1 (15-ounce) can cooked and drained  
8 sprigs fresh cilantro  
1 onion, chopped  
½ sweet red pepper, chopped  
3 cups vegetable broth  
2 cups raw brown rice  
½ tsp. salt  
1 T. canola oil  
1 tablespoon canola oil to fry the Gallo Pinto  
1/2 teaspoon flakes of Chili Peppers, optional

## Directions:

Cover dried beans with water and soak overnight. Drain and simmer in 8 cups hot water for 1 1/2 hours until soft.

Chop cilantro, onion, and sweet pepper very fine.

Add 1 Tablespoon oil to a large pan and sauté the dry rice for 2 minutes over medium high flame then add half of the chopped onion, sweet pepper and cilantro and saute another 2 minutes. Add water or broth, bring to a boil, cover and reduce heat to simmer until rice is tender (20-35 minutes).

Once the rice and beans are cooked you can refrigerate or freeze them. Keep a significant amount of the black bean water with the beans (½-1 cup ). This is what gives the rice its color and some of its flavor.

Saute© the rice, beans, reserved chopped onion, sweet pepper and cilantro together in vegetable oil for a few minutes. Sprinkle with a little fresh chopped cilantro just before serving.

Once the rice and beans are cooked you can also refrigerate or freeze them. Make up small batches of Gallo Pinto when you want it by simply sauteing them together.