



Gallo Pinto

Costa Rica | Medium | 20 minutes | 6-8 servings | Main dish



Gallo Pinto is a traditional dish from Costa Rica. It can be eaten at any meal, especially breakfast. A similar dish is popular in Nicaragua, Panama, and El Salvador. Elsewhere this dish is also known as "Casamiento" "Moros y Cristianos" ("Moors and Christians") or just Moro. In Costa Rica's Limón Province, the dish is prepared with coconut oil and is simply called "rice and beans". Gallo Pinto is usually served with corn tortillas, fried sweet plantains, cheese, eggs, fresh tomatoes, avocado slices or a spoon of fresh sour cream.

Tools and equipment

~ Frying pan (deep)



Ingredients

Cooked rice <i>(best from the day before)</i>	3-4 cups
Black or red cooked beans <i>(with their juice)</i>	2 cups
Oil <i>(or vegetable butter)</i>	1 tablespoon
Onion <i>(chopped)</i>	1/2 unit
Bell pepper	1/2 unit
Salsa Lizano* <i>(or similar)</i>	to taste
Coriander <i>(fresh)</i>	1/2 bunch
Salt	to taste

* Salsa Lizano is a popular Costa Rican condiment similar to HP or Worcestershire sauce. As a substitute for this sauce, just add a chopped garlic clove, half a carrot (grated), 1/4 tsp. of cumin, salt and a drop of vinegar.



Directions

- 1 Sauté onion and bell pepper for about 2 minutes.
- 2 Add the black beans with a cup of its juice and salsa* and simmer for about 10 minutes on medium heat until the juice is almost evaporated.
- 3 Add the cooked rice and mix in the fresh chopped coriander.
- 4 Serve with corn tortillas, fresh sour cream, avocado or other accompaniment of your choice.