

GALLO PINTO

(serves 2)

Ingredients

- 1 cup cooked **rice**
- 1 cup cooked **black beans**
- 1 chopped **onion** (small)
- 1 small chopped **red pepper**
- 2 cloves **garlic**, chopped
- 1 Tbsp **oil**
- $\frac{1}{4}$ cup chopped **cilantro**
- 1 Tbsp **Salsa Lizano** (can substitute Worcestershire or Tabasco)
Salt and **pepper** to taste

Instructions

- 1.** Fry onion, red pepper, garlic, cilantro in the vegetable oil, about 3 minutes.
- 2.** Pour in the beans and add the sauce, and seasoning. Let it cook for a few minutes, but don't let it dry out.
- 3.** Pour in the cooked rice and mix it with the beans.

Enjoy with:

- Sour Cream
- Platanos maduros - sliced plantains coated in sugar and fried
- Eggs (fried or scrambled)