

Costa Rican Black Beans and Rice (Gallo Pinto)*



- 1 cup white rice
- 2 tablespoons olive oil
- 1 green bell pepper, finely diced
- 1 small yellow onion, finely diced
- 1 1/2 teaspoons (about 3 cloves) minced garlic
- 1 teaspoon cumin
- 1/2 teaspoon curry powder
- 1 15-ounce can black beans with their liquid
- 2 tablespoons Worcestershire sauce
- 2 tablespoons salsa (optional)
- 1/2 cup fresh cilantro (optional)
- 1 lime, cut into wedges for serving (optional)

This Costa Rican favorite called Gallo Pinto (which translates as “painted rooster”) is served with nearly every meal. It’s great comfort food for any season and the curry and lime give it a Caribbean flair. For even more Caribbean flavor, cook the rice in half water and half coconut milk. Serve it with warm tortillas and fresh pineapple (another Costa Rican specialty).

- 1** Cook the rice with 2 cups of water according to the package directions. (The rice can be made up to a day in advance.)
- 2** In a large skillet, heat the oil over medium heat and sauté the pepper, onion, and garlic for about 5 minutes until they are fragrant and slightly tender. While they are cooking, stir in the cumin and curry powder. Add the beans and their liquid, the Worcestershire sauce, and salsa (optional) and bring it to a boil.
- 3** Let the mixture simmer for 5 minutes. Stir in the cooked rice and continue to cook it for about 3 more minutes until it is heated through. Stir in the cilantro, if desired, and serve it with the lime wedges. Serve it immediately or refrigerate it for up to 3 days.

**EXCHANGES/
CHOICES**

2 1/2 Starch
1 Fat

Calories **250**
Calories from Fat **45**
Total Fat **5.0 g**
Saturated Fat **0.8 g**
Trans Fat **0.0 g**
Cholesterol **0 mg**

Sodium **330 mg**
Total Carbohydrate **43 g**
Dietary Fiber **6 g**
Sugars **2 g**
Protein **7 g**

*Recipe courtesy of Aviva Goldfarb