

## Gallo Pinto (beans and rice) Recipe

1 lb Black beans. Fresh are best but most likely you'll find them dried.  
8-10 sprigs cilantro (coriander leaf) fresh or frozen, not dried!  
1 small or medium onion  
½ small red or yellow sweet pepper (optional)  
3 cups chicken broth or water  
2 cups white rice  
½ teaspoon salt  
1 Tablespoon vegetable oil  
1-3 Tablespoon oil to fry the Gallo Pinto

If beans are dried, cover with water and soak overnight, if they are fresh, just rinse them off. Drain the beans and add fresh water to an inch above the top of the beans, salt, and bring to a boil. Cover the pan and reduce heat to very low simmer until beans are soft (~3 hours).

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 sauté another 2 minutes. Add water or chicken broth, bring to a boil, cover and reduce heat to simmer until rice is tender (20-35 minutes). This is also the recipe for Tico rice used in other favorites like tamales.

Once the rice and beans are cooked you can refrigerate or freeze them. Keep a significant amount of the "black water" with the beans (½-1 cup). This is what gives the rice its color and some of its flavor. Sauté the rice, beans, other half of the chopped onion, sweet pepper, and cilantro together in vegetable oil for a few minutes. Sprinkle with a little fresh chopped cilantro just before serving.