

Gallo Pinto (Costa Rican Beans and Rice)

Prep: 10 mins

Cook: 15 mins

Total: 25 mins

Servings: 4 servings

Ingredients

- 2 tablespoons vegetable or olive oil
- 1 medium onion, finely diced
- 2 cloves garlic, minced
- 1/4 cup coarsely chopped fresh [cilantro leaves](#), more for garnish
- 1 medium red bell pepper, finely diced
- 1 teaspoon ground cumin
- 2 to 3 teaspoons Salsa Lizano, or Worcestershire sauce
- 2 cups black or dark red [cooked beans](#), with liquid
- 2 cups [cooked white rice](#)
- Salt, to taste
- Freshly ground black pepper, to taste

Steps to Make It

- 01** Place the oil in a large skillet over medium heat.
- 02** Add the chopped onion, the garlic, the red pepper, and the chopped cilantro. Cook, stirring often, until vegetables are soft and fragrant.
- 03** Add the cumin and salsa lizano (or Worcestershire sauce) and cook for 2 to 3 more minutes.
- 04** Add the beans and their liquid, and cook for 1 minute.
- 05** Add the rice and stir until rice is well mixed with the beans and there are no clumps of rice.
- 06** Cover skillet, lower heat, and let mixture simmer for 1 to 2 minutes, until rice is heated through.
- 07** Season with salt and pepper to taste, adding more salsa lizano or Worcestershire sauce to taste.
- 08** Garnish with fresh cilantro before serving.

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Nutrition Facts (per serving)

311

Calories

8g

Fat

50g

Carbs

1

Protein



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(Nutrition information is calculated using an ingredient database and should be considered an estimate.)