

Gallo Pinto (Costa Rican Beans and Rice)

Yield: 9 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-black-beans-and-rice-recipe>

Ingredients:

- 2 tablespoons oil light-tasting, vegetable, mild olive, canola
- 1 red bell pepper chopped
- 1 small yellow onion chopped
- 2 cloves garlic minced
- 2 cups black beans cooked in $\frac{3}{4}$ cup reserved cooking liquid
- $\frac{1}{4}$ cup salsa Lizano **
- 3 cups rice cooked, preferably, day-old and refrigerated
- $\frac{1}{4}$ cup chopped fresh cilantro

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 27 grams
3. Fat: 3 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. Sodium: 210 milligrams
7. Sugar: 1 grams

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