Costa Rican Rice and Beans (Gallo Pinto)

Source: 21-Day Weight Loss Kickstart, by Neal Barnard, M.D.; recipe by Jason Wyrick of the Vegan Culinary Experience

This Costa Rican dish, named Gallo Pinto, which translates to “Painted Rooster,” is a flavorful take on a classic rice-and-beans dish!

About the Recipe

226 Calories · 9 g Protein · 9 g Fiber
Dinner
Gluten-free · Nut-free

This dish is enhanced by a sofrito, another Latin cuisine classic, made from onion, bell pepper, and garlic.

Ingredients

Makes 2 Servings

- 1/2 onion, diced
- 1 red bell pepper, diced
- 2 cloves garlic, minced
- 1 c (236 mL) water
- 1/4 tsp (60 mL) iodized salt
- 1/2 c (98 g) rice
- 3/4 c (180 g) cooked black beans
- to taste hot sauce

Directions

1. Over medium heat, dice and saute the onion and bell pepper in a dry pot until the onion turns a light brown color.
2. Add the garlic and saute for 1 minute.
3. Add water and salt, then bring to a boil.
4. Add the rice, bring the water back to a boil, cover the pot, and reduce the heat to low. Cook the rice for about 20 minutes.
5. When rice is done, stir in rinsed and drained black beans.
6. Serve immediately, or save in a covered container in the refrigerator for 3 days.

Nutrition Facts

Per serving

Calories: 226
Protein: 9 g
Carbohydrate: 44 g
Sugar: 4 g
Total Fat: 2 g
    Calories from Fat: 6%
Fiber: 9 g
Sodium: 290 mg