

# KIRA'S GALLO PINTO

Makes 4 servings



GLUTEN-FREE



PEANUT-FREE



NUT-FREE

SERVING SIZE: ¼ recipe

PREP TIME: 10 minutes

COOK TIME: 30 minutes



★ For a flavorful twist that you won't want to miss, add cumin and garlic powder. Or try this tasty combo: 2 tsp of both soy sauce and sriracha, ½ tsp of honey, 4 tbsp of tomatillo, and the spices above.

★ If Korean BBQ sauce is a household favorite, use it instead! (~2 tbsp).

## INGREDIENTS:

- 2 cups brown rice, cooked
- 2 tbsp olive oil
- 2 cups black beans, with liquid from can or small amount from cooking
- ½ cup cilantro (or fresh flat parsley and juice of a lime)
- 2 cups red, orange, or green bell peppers, finely chopped
- ½ cup sweet onion, finely chopped
- 2 tbsp Salsa Lizano or Worcestershire sauce
- Salt to taste

*Cook time is estimated with canned beans and home-cooked rice. Cut down on cooking time with precooked rice!*

"Can you find another Costa Rican recipe that you would like to try?"



"If you were a spice, what would you be and why?"

- Kira

## DIRECTIONS:

1. Prepare the rice according to the cooking instructions. For an al dente texture, cook your rice with less water.
2. Prepare the beans according to the cooking instructions. Or use canned beans and include liquid.
3. In an oiled skillet on medium heat, add the onion and bell pepper. Cook until onions are translucent.
4. Add in the rice, black beans with liquid, and salsa or sauce to vegetable mixture. Reduce heat to medium-low and simmer until water gets absorbed—about 8-10 minutes. Stir occasionally.
5. Mix in the cilantro and salt to taste.
6. Traditionally, it gets served with eggs and sour cream. But you can enjoy it with eggs and nonfat or low-fat plain Greek yogurt for a healthier alternative.

★ Do you find that cilantro tastes like soap? You're not alone! It's because of your genes.

★ If a recipe calls for cilantro, you can substitute it for fresh flat parsley and lime juice!

Answer Key: O, F, F

## Costa Rica is Booming with Biodiversity!

**Directions:** Read the statements about Costa Rica below. Do they sound like facts or opinions? After each sentence, write an "O" for an opinion or "F" for a fact.

- Costa Rica has many tasty dishes. \_\_\_\_\_
- Costa Rica uses rivers, volcanoes, wind, and solar power to make clean energy; 98% of its energy is renewable. \_\_\_\_\_
- Costa Rica has a lot of biodiversity—it has a variety of many living things! \_\_\_\_\_



"I like mine with cilantro! But my mom likes extra cumin and chopped chives instead."

"This Gallo Pinto is a traditional breakfast dish from Costa Rica. But I love eating it for lunch!"



- Kira



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