KIRA'S GALLO PINTO

Makes 4 servings







SERVING SIZE: 1/4 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 siracha, ½ tsp of honey, 4 tbsp of tomatillo, and the spices above.

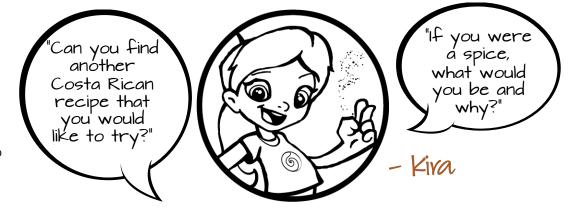


If Korean BBQ sauce is a household favorite, use it instead! (~2 tbsp).

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 Worchester sauce
- Salt to taste

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





DIRECTIONS:

- 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.
- 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.
- 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!



