Black beans with rice
also known as Spotted Rooster or Gallo Pinto

About
Because this dish has both beans and rice, it is a complete, vegetarian source of protein.

This is a very popular dish in Costa Rica, where it is usually served with hot salsa or Tabasco sauce, fine corn tortillas, and sometimes scrambled eggs. This dish is so popular in Costa Rica that you can even order it in McDonald’s and Burger King restaurants.

In Costa Rica, spotted rooster is often made with beans that are leftover from another dish. This means that the dish is different every time, because the beans will have different spices depending on what other recipes they were used for!

Ingredients
1/4 cup olive oil
1 medium onion, peeled and finely chopped
1 medium green or red bell pepper, cored and seeded, cut into 1/4-inch dice
8 tbsp chopped cilantro
4 cups cooked and drained black beans (1 1/2 cups dried)
4 cups cooked plain long grain rice (1 1/3 cups raw)
Salt
Freshly ground black pepper

Directions
Put the oil in a large nonstick frying pan or nonstick wok and set over medium-high heat. When hot, add the onion and bell pepper. Stir until the onion is translucent, turning the heat down if it begins to brown. Add the cilantro and stir for a minute, then add the beans. Stir for 2 minutes, breaking up any clumps, then add the rice. Continue stirring to break up clumps of rice. Add salt and pepper to taste (this will depend on how salted the beans were to start with) and continue to stir until the rice and beans are heated through.

Serves 4

Reference