

Gallo Pinto

Serves Four



Steps

1. Heat oil in a large skillet over medium-high heat. Saute the peppers, onions and garlic until the onions are translucent about 6 minutes.
2. Add black beans, reserved cooking liquid (or chicken stock) and Salsa Lizano, stirring to combine. Simmer for 5 minutes, until slightly thickened. Gently fold in the cooked rice and cook until heated through and most of the liquid is absorbed (about 3-5 minutes).
3. Stir in chopped cilantro and taste for seasoning adding more Salsa if desired.

Ingredients

2 tablespoons extra virgin olive oil
1 small red, orange or yellow bell pepper, chopped
1 medium onion, chopped
3 cloves garlic, minced
2 cups cooked black beans (and $\frac{3}{4}$ cup bean juice/liquid from cooking) **you can use chicken stock if you are using canned beans*
 $\frac{1}{4}$ cup Salsa Lizano **you can find this at Amazon*
3 cups cooked rice, day old refrigerated works great
Season with salt and pepper
 $\frac{1}{4}$ cup fresh cilantro, chopped