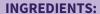
interwell health



FOR THE SALSA LIZANO

- 1-2 dried chiles
- · 1 cup of water
- ½ yellow onion, chopped
- 1 carrot, chopped
- ½ cup of cilantro, finely chopped
- · 2 tbsp of granulated sugar
- 1/2 lemon, juiced
- 1 tbsp of white vinegar
- · 1 tbsp of ground cumin
- 2 tbsp of molasses

FOR THE GALLO PINTO

- 2 tbsp of vegetable oil
- 1 yellow onion, chopped
- 1/4 cup of red pepper, chopped
- 1 (15 oz) can of unsalted black beans
- ½ cup of cilantro, finely chopped
- 3 cups of cooked brown rice
- 1 egg, fried (optional)



Gallo pinto (Costa Rican beans and rice)

Directions

For the salsa Lizano

- Remove the stems from the chiles. Bring the water to a boil in a small saucepan. Add the chiles and simmer for 10 minutes.
 Remove from heat and let cool, keeping the chiles in the water.
- 2. Once they've cooled, transfer the chiles and water to the blender. Add the onion, sugar, lemon juice, vinegar, cumin, molasses, cilantro, and carrot. Blend until smooth.

For the gallo pinto

- 1. Heat the oil in a large skillet over medium heat. Sauté the onion and red pepper until the onion is translucent.
- 2. Add the beans, homemade salsa Lizano, and cooked rice. Stir until all ingredients are combined and sprinkle with cilantro.
- 3. Serve this dish on its own, or top with a fried egg.