

INGREDIENTS:**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
- ½ 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
- ¼ 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**

1. 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.