



Gallo Pinto

This Costa Rican staple of rice and beans is usually eaten for breakfast, although it's not unusual for people in this Central American country to eat this dish several times a day. Serve with some fresh, sliced papaya or mango or other tropical fruit.

3 Tbs. canola or olive oil
1 medium onion, chopped
3 cloves garlic, minced
3 cups cooked white rice
2 8-oz. cans black beans, undrained
2 tsp. cumin
2 tsp. fresh ginger, minced
5 Tbs. vegetarian Worcestershire sauce
Salt and pepper to taste

1. Heat oil in a large skillet over medium heat. Add onion and sauté until it becomes translucent. Add garlic and sauté until golden.
2. Add remaining ingredients and cook until heated through, stirring well. Serve warm. Gallo Pinto is one of those dishes that seems to taste better the next day.