

**Gallo Pinto**

Yield: 6 servings → cut in half!

Measure	Ingredients
1 tbsp	Vegetable oil
1 medium	Onion, chopped
1 small	Red pepper, medium dice
10 sprigs	Cilantro, chopped
4 c	White rice, cooked
1 lb dried or 2 (15.5 oz) cans	Black beans, rinsed, drained
To taste	Worcestershire sauce
½ tsp	Salt

**Directions**

1. In a large skillet heat the oil, and sauté the onion, pepper, and cilantro until tender.
2. Add the rice and beans, and stir until all ingredients are mixed.
3. Season with Worcestershire sauce and salt.
4. Continue to cook, stirring frequently, until rice begins to brown lightly.
5. Serve with eggs or a flour tortilla.