

COSTA RICA



Winnie's Wecipes are now available as printable 3 x 5" recipe cards. The cards look exactly like what you see here, only they are laid out as four recipes per page, ready to be printed front-to-back. Click on the Winnie's Wecipes button on the cover page to access the cards. Printing instructions are included. Most of the countries have additional recipes to choose from.

COSTA RICA

GALLO PINTO (Spotted Rooster)

NOTE FROM THE CHEF: Gallo Pinto is a traditional dish of mixed rice and beans found on nearly every breakfast plate at every home in Costa Rica. If desired, you can use Gallo Pinto to stuff Empanadas (recipe on the Winnie's Wecipe document).

- 1 c. cooked rice
- 1 c. cooked red or black beans
- 3 T. red bell peppers, chopped
- 3 T. onion, chopped
- 2 T. celery, chopped
- 1 tsp. vegetable oil

Optional additional ingredients:

- 1 pork sausage, minced
- 3 slices ham, chopped
- Scrambled eggs

Lightly fry the onion, bell pepper, and celery in 1 tsp. oil. When they are crispy, add your choice of the extra ingredients (except eggs).

Add the rice and fry all ingredients together. Allow flavors to mix.

Add the beans.

Cover and remove from heat. Let the dish rest awhile so the flavors mix and the rice becomes somewhat liquidy. Add scrambled eggs (if desired).

Serve immediately.