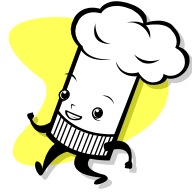


Gallo Pinto



Ingredients:

- 2 T light-tasting oil (vegetable, mild olive, canola)
- 1 red bell pepper, chopped
- 1 small yellow onion, chopped
- 2 cloves garlic, minced
- 2 cups cooked black beans in $\frac{3}{4}$ cup reserved cooking liquid
- $\frac{1}{4}$ cup salsa Lizano
- 3 cups cooked rice, preferably, day-old and refrigerated
- $\frac{1}{4}$ cup chopped fresh cilantro

Directions:

Serving size approximately 1 cup. Serves 8-10.