



Gallo Pinto

- 1 pound black beans
- 8-10 cloves garlic, crushed
- 1 t cumin
- 1/4 t nutmeg
- 1 onion, diced
- 2 T olive oil
- Sea salt to taste
- 1 bunch cilantro, chopped
- 3 c cooked white or brown rice
- 1/2 mango, julienned

Soak the beans according to the package directions (either overnight or following the quick method). Then cook the beans according to the package directions adding the garlic, cumin and nutmeg.

When the beans are nearing completion (usually after 1-1/2 to 2 hours of simmering), sauté the onion in a skillet with the olive oil and sea salt. Next add the cooked beans to the sautéed onions and toss in the chopped cilantro. Cook for an additional five minutes before stirring in the rice. Serve topped with mango.