

# Casado – Costa Rican Cuisine



## Mixed Rice

### INGREDIENTS:

3 cups cooked rice

1 red bell pepper

1 yellow bell pepper

1/2 red onion

2 cloves garlic

1/2 cup cilantro

2-3 TBSP veg oil

1 tsp salt

1/4 tsp pepper

1/2 cup meat of your choice, cooked and chopped (optional)

### DIRECTIONS:

Chop up bell peppers, onion and garlic (I like to use a food processor to make them pieces really fine). Heat up a frying pan. Pour in oil and chopped bell peppers, onion and garlic. Cook on medium heat for about 5 minutes, stirring regularly to prevent burning and sticking. Take out 1/4 cup of mixture and set aside. Pour in rice, meat (if you're adding that in), sprinkle with salt and pepper and mix together. Chop up cilantro and incorporate into mixed rice.

## Costa Rican Beans

### INGREDIENTS:

2 (15 oz) cans black or small red beans, drained and rinsed

1/4 cup pepper/onion/garlic mixture (set aside from above)

1 tsp cumin

1/2 tsp salt

### DIRECTIONS:

Simmer all ingredients together in a small pot for about 5 minutes or until heated through.

## Casado – Costa Rican Cuisine continued:



### Salad - Very Simple

#### INGREDIENTS:

2 cups lettuce, shredded

3 baby carrots, chopped

#### DIRECTIONS:

Toss together.

### Pico

#### INGREDIENTS:

3 tomatoes, chopped

1/4 cup red onion, chopped

1/8 cup cilantro

1/2 lime (for juice)

few dashes of salt and pepper

#### DIRECTIONS:

Toss together.

### Fried Plantains

#### INGREDIENTS:

2 plantains, sliced

3 TBSP veg oil

salt and pepper

#### DIRECTIONS:

Heat up a skillet on the stove. Pour in oil and plantains. Sprinkle with salt and pepper.

Cook for about 5 minutes on medium heat, stirring occasionally.

### Time To Put It All Together!

Get a scoop of rice, side of beans, handful of salad, a few spoonfuls of pico, a portion of plantains and place next to each other on a banana leaf (or a plate if you don't have a banana leaf handy!).

\*Other optional additions: fried egg, fresh pineapple, side of fish or meat.

Enjoy!!