

Recipe from El Salvador: Casamiento

Casamiento

This is a black bean and rice dish from El Salvador. This meatless Lenten recipe was provided by Catholic Relief Services. To see more recipes, visit [CRS](#).

Ingredients

- 2 Tbsp vegetable oil
- 1 onion, finely chopped
- 1 bell pepper, finely chopped
- 3 cloves garlic, minced
- 1 can black beans, drained, liquid reserved
- Salt and pepper, to taste
- 2 cups cooked rice

Directions

Heat oil in a large pot. Add the onions, bell pepper, and garlic. Sauté for two to three minutes, until tender. Stir in the drained beans, some of the bean liquid, and salt and pepper. Cook at medium-low until heated through. Add rice and stir until cooked through. Adjust seasoning and add a little more bean liquid if necessary. Serve hot.

Makes 4-5 servings