

Diet

Historically, the Costa Rican diet has been nutritionally well-rounded. It is a diet grounded in the use of fresh fruit and vegetables. Potatoes, plantains, rice, and beans are the staple foods. Beans and rice are usually served at every meal, including breakfast.

Healthy recipe Sopa Negra (serves 6)

Ingredients

1 bag dried black beans (presoaked in water overnight and drained)
8 cups water
¼ cup olive oil
½ cup fresh cilantro, finely chopped
1 small or medium onion, finely chopped
2 cloves garlic, finely chopped
1 small green, red, or yellow sweet pepper, finely chopped
2 vegetable Maggi cubes
6 eggs

Directions

1. Put the pre-soaked beans and water in a slow cooker. Bring to a boil, then reduce heat and cook on low simmer for 2 hours.
2. Add half of the cilantro, onion, garlic, and pepper. Continue cooking on low simmer for 2 ½ more hours.
3. Add the rest of the chopped ingredients, oil, and Maggi cubes and continue cooking on low simmer for ½ hour.
4. Add salt/pepper to taste.
5. Remove about half the beans and set aside for a future dish.
6. Add eggs for the final 4-10 minutes, depending on how diners like their eggs cooked.
7. Remove and peel the eggs. Ladle soup into bowls and add one peeled egg to each bowl.
8. Serve with warm corn tortillas and a side of white rice.