



Recipes

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Black Bean Hummus

Serves 1

Ingredients:

12 oz. Black Beans , drained and rinsed
2 oz. Olive Oil
1 tsp. Garlic , minced
1 1/2 Tbsp. Lime Juice
6 oz. Green Onions
1/8 tsp. Black Pepper
2 tsp. Fresh Cilantro

Directions:

1. Place all ingredients together in food processor.
2. Pulse until almost smooth.
3. Place in storage container.
4. Label, date and refrigerate.