



## Recipes

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### Black Bean Puree

Serves 1

#### Ingredients:

1 1/2 cups Yellow Onions , chopped  
2/3 cup Green Onions , sliced  
1 each Jalapeno Pepper , diced  
1 Tbsp. Garlic , minced  
2 cups Black Beans , soaked overnight and drained  
1/2 tsp. Cumin  
2 Tbsp. Bacon Fat  
1 Bay Leaf  
7 cups Water

#### Directions:

1. Place all ingredients into large stockpot.
2. Fill pot with 7 cups of water.
3. Cook on medium low heat approximately 2 hours or until completely tender.
4. Cool slightly.
5. Place in blender on low speed.
6. Gradually increase speed and blend until smooth.
7. Season with salt to taste.