



## Recipes

MISSIONFOODSERVICE.COM

Related Recipe(s) on the Following Page(s)

### Mini Black Bean Falafel Tortas

Prep Time: 35 Minutes

Cooking Time: 10 Minutes

Serves 72

#### Ingredients:

12 each 8" Pressed Mazina™ Tortillas (08043)  
2 1/4 cups Black Beans , drained , rinsed  
2 1/4 cups Garbanzo Beans , drained , rinsed  
2 1/4 cups Onions , roughly chopped  
1 each Jalapeño  
5 each Garlic Cloves  
2/3 cup Breadcrumbs  
2 each Eggs  
2 1/4 tsp. Cumin , ground  
2 1/2 tsp. Coriander , ground  
1 1/8 tsp. Cayenne , ground  
4 1/2 tsp. Cilantro , fresh  
Vegetable Oil , as needed  
Lime-Salt , as needed  
1 1/2 cups Yogurt , plain  
2 Tbsp. Chipotle Paste  
72 slices Cherry Tomatoes , thinly sliced  
72 slices Jalapeño , thinly sliced  
72 Slices Pickled Red Onions , see related recipe

#### Directions:

1. Using a 1.5" round cutter, cut 12 smaller circles out of each tortilla, giving you 144 1.5" discs. Reserve warm.
2. In a food processor, combine both beans, onion, jalapeno, garlic, breadcrumbs, eggs, cumin, coriander, cayenne, and cilantro. Pulse until mixture is well combined with a coarse texture. Using a tablespoon, scoop 72 rounded tablespoons and flatten into patty shapes. Reserve cold for service.
3. To make Chipotle Yogurt: combine yogurt and chipotle paste. Mix well to combine. Reserve refrigerated.
4. To serve: pre-heat a flat top grill. Heat oil and brown each falafel on each side for 2 minutes. Season with lime-salt. To assemble each mini burger, place a 1.5" round tortilla disc down and top with a slice of pickled onion, falafel, jalapeno slice, and tomato slice. Spread 1/2 tsp. of the Chipotle Yogurt sauce on the top tortilla and place, sauce side down, on top, forming a mini burger. Serve immediately.



## Recipes

MISSIONFOODSERVICE.COM

### Pickled Red Onions

Prep Time: 2 Minutes

Serves 1

#### Ingredients:

- 1 cup Red Wine Vinegar
- 1 cup Water
- 1/2 tsp. Kosher Salt
- 1/2 tsp. Crushed Red Chili Flakes
- 1/2 tsp. Cracked Black Pepper
- 2 each Bay Leaves
- 1/2 tsp. Ground Coriander
- 1/4 cup Honey
- 2 each Red Onions , medium , julienned

#### Directions:

1. Bring first 8 ingredients to a simmer in a small saucepan. Place onions in a non-reactive vessel and pour hot pickling liquid over the onions, cover (leaving a small vent) and allow to pickle overnight under refrigeration.