



## Recipes

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### Traditional Black Beans

Serves 25

#### Ingredients:

4 oz. Olive Oil  
1.5 Tbsp. Ground Cumin  
4 oz. Diced White Onions  
1 oz. Minced Garlic  
1 tsp. Dried Oregano  
Fresh Cilantro , minced  
5 lbs. Black Beans , cooked with liquid

#### Directions:

1. Heat the olive oil in a large sauce pan. Sauté the garlic, onion, cumin and cilantro.
2. Add the cooked black beans and the cooking liquid. Simmer until creamy.