



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.