



Recipes

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Red Bean and Charred Tomato Pico

Serves 1

Ingredients:

18 oz. vol. Red Beans , drained and rinsed
1 1/2 lbs. Roma Tomatoes , washed
1 oz. vol. Vegetable Oil
16 oz. vol. Yellow Onions , chopped
1 oz. vol. Fresh Cilantro , chopped
1 oz. vol. Lime Juice
1 oz. vol. Fresh Jalapeño , minced , seeds removed
1/2 tsp. Kosher Salt
1 tsp. Chipotle Tabasco Sauce

Directions:

1. Cut top ends off of tomatoes and lightly toss in vegetable oil. Place under broiler until charred on all sides.
2. Remove tomatoes from oven and pour into bowl to cool.
3. Add onions to pan and place back under broiler to char.
4. Remove onions from pan and add to tomatoes.
5. Place tomatoes and onions in a food processor and pulse to combine.
6. Pour chopped tomatoes and onions into a clean mixing bowl and fold in remaining ingredients.
7. Place in a storage container.
8. Label, Date and Refrigerate.