



Recipes

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Spicy Three Bean and Farro Burrito

Prep Time: 15 Minutes

Cooking Time: 25 Minutes

Serves 12

Ingredients:

12 each 10" Whole Wheat Tortillas (10425)
Olive Oil , as needed
1 1/2 cups Red Onion
1 1/2 cups Red Pepper
6 cloves Garlic , minced
6 cups Farro , cooked
1 1/2 cups Black Beans
1 1/2 cups Pinto Beans
1 1/2 cups Kidney Beans
4 1/2 oz. Red Pepper Pesto , see related recipe
3 oz. Cilantro , fresh , chopped
3 cups Salsa , prepared

Directions:

1. In a large pan over medium heat, sauté garlic, red onion, and red pepper until softened. Toss with cooked farro and beans. Fold in the red pepper pesto so that the mixture is evenly coated. Reserve warm.
2. To serve, place 1 cup of the farro and bean mixture on each tortilla and top with 1 ½ tbsp. of cilantro. Fold in the ends and roll the tortilla into a burrito. Serve alongside 2 oz. of salsa.





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Red Pepper Pesto

Prep Time: 5 Minutes

Serves 1

Ingredients:

1/2 cup Roasted Red Pepper
2 Tbsp. Basil , fresh , chopped
2 Tbsp. Parmesan , grated
1 clove Garlic
1 Tbsp. Parsley , chopped
2 Tbsp. Sun Dried Tomatoes
Cayenne , ground , to taste
Salt , to taste
Olive Oil , as needed

Directions:

1. Place all ingredients except salt, cayenne, and olive oil in a food processor and pulse until roughly blended. With the motor running, add oil in a steady stream until a thick sauce forms. Season to taste with salt and cayenne.