



## Recipes

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# Daal Beet Tacos with Fresh Corn and Cotija

Prep Time: 35 Minutes

Cooking Time: 20 Minutes

Serves 12

### Ingredients:

24 each 6" Smart Hearty Grains™ Tortilla (47086)

6 cups Beet Daal, warm, see related recipe

1 1/2 cups Cotija cheese , crumbled

3 cups Corn , fresh, cut from the cob

1/4 cup Dukkah, see related recipe

Cilantro , chopped, as needed

### Directions:

1. To make one taco, scoop ¼ cup Beet Daal onto a 6" Mission® Hearty Grains™ Ultra Tortilla and top with 1 tbsp. cotija, 2 tbsp. corn, ½ tsp. Dukkah, and cilantro. Serve two per order.





## Recipes

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### Beet Daal

Prep Time: 30 Minutes

Cooking Time: 35 Minutes

Serves 1

#### Ingredients:

1/8 lb. Beets, peeled, small dice  
1/8 lb. Onion , medium dice  
1/8 oz. Garlic , peeled, minced  
Vegetable Oil , as needed  
1/4 tsp. plus 1 tsp. Coriander , ground  
1/6 tsp. Cumin , ground  
1/6 each Star Anise  
1/8 tsp. Cinnamon , ground  
1/8 tsp. Nutmeg , ground  
1/8 qt. Chicken or Vegetable Stock  
1/8 lb. Black Beluga Lentils

#### Directions:

1. Saute beets, onion, and garlic until onion has softened. Add spices and cook an additional minute. Add stock and lentils and bring to a simmer. Simmer, uncovered for 20 minutes, or until mixture has reduced and lentils and beets have softened. Remove star anise and hold hot for service.

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### Dukkah

Cooking Time: 5 Minutes

Serves 1

#### Ingredients:

1/8 cup Walnuts , chopped, toasted  
1/8 tsp. Peppercorns , toasted, ground  
1/4 tsp. Cumin Seed, toasted, ground  
1/4 tsp. Coriander Seed, toasted, ground  
1/8 tsp. Nutmeg , ground

#### Directions:

1. Combine all ingredients in a food processor and pulse until coarsely ground.