



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.