



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.