

Black Bean & Roasted Vegetables



FOODSERVICE

SERVING SIZE: 40

Ingredients

- 1 1/4 pints Water
- 2 1/2 teaspoons Salt
- 5 cups Onion, Minced
- 3/8 cup Minced Garlic
- 1 1/4 teaspoons Black Pepper
- 1 2/3 liquid tablespoons Lemon Juice
- 10 cups **Furmano's Roasted Red Peppers**, Drained Diced
- 10 cups **Conte Peeled Plum Tomatoes**, Drained, Roasted, & Diced
- 20 cups **Furmano's Black Beans**, Drained & Rinsed
- 3 1/3 tablespoons Chopped Parsley

In This Recipe



Black Beans, Low Sodium - Bella Vista



Roasted Red Peppers



Black Beans in Brine

Preparation

1. Drain Plum Tomatoes, pat dry. Cover a sheet pan with aluminum foil. Spray pan with pan spray then place tomatoes onto tray. Roast in a preheated 500* oven for 25 min.
2. In a large mixing bowl, put Onion, Garlic, Olive Oil, Lemon Juice, Salt, and Black Pepper. Gently mix
3. Add Diced Roasted Tomatoes, Diced Roasted Red Pepper, Parsley, and Black Beans. Toss to blend