

Black Bean Dumplings



FOODSERVICE

SERVING SIZE: 40

Ingredients

- 2 tablespoons Soy Sauce
- 1/4 teaspoon Sesame Oil
- 1/2 cup Canola Oil
- 2 teaspoons Rice Vinegar
- 1/2 teaspoon Minced Garlic
- 1/2 teaspoon Minced Ginger
- 1/4 teaspoon Salt
- 1 1/2 pounds **Furmano's Black Beans**, Drained & Rinsed
- 1 pound **Furmano's Black Beans**, Drained & Rinsed
- 2 ounces Sliced Baby Carrots
- 2 ounces 1/4" Diced Red Pepper
- 1/4 cup Sliced Green Onion
- 1 1/2 cups Chopped Bok Choy
- 1 teaspoon Chopped Lemongrass
- 1 tablespoon Chopped Green Chilies
- 1 teaspoon Chopped Cilantro
- 3 1/3 dozen Won Ton Wrapper

In This Recipe



Black Beans, Low Sodium -
Bella Vista



Black Beans in Brine

Preparation

1. Add Soy Sauce, Sesame Oil, Canola Oil, Rice Vinegar, Garlic, and Ginger into a large bowl. Whisk until incorporated
2. Add 1st measure of Black Beans and puree
3. Add 2nd measure of Black Beans, Carrots, Red Pepper, Green Onion, Bok Choy, Chopped Lemongrass, Green Chilies, and Cilantro to the puree and mix together
4. Fill Won Ton Wrappers with filling. Using water, wet the edges of the wrapper and seal closed.
5. Steam Won Tons for 15 minutes

