

## Braised Beef for De Pabellon Arepa Filling



Tender, juicy beef braised in a savory stock of *Minor's®* Gluten Free Beef Base, Vegetable Base and Ancho Flavor Concentrate for a complex layering of garlicky, smoky and roasted flavors.

Yield	3-1/2 lbs beef + 2 cups sauce
Serves	28
Preparation time	15 minutes
Cooking time	2-1/2 hours

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
6.5	lb			Beef chuck, pot roast	cleaned and trimmed
10	oz	2 cups		White onion	medium dice
64	oz	2 qts		Tomato	diced
16	fl oz	2 cups		Beef Stock - prepared with <b>MINOR'S® Natural Gluten Free Beef Base 6x1lb</b>	
8	fl oz	1 cup		Vegetable stock - prepared with <b>MINOR'S® Gluten Free Vegetable Base 6x1lb</b>	
1/2	oz	2 tsp		<b>MINOR'S® Ancho Flavor Concentrate 6x14.4 oz.</b>	

### Preparation Steps

1. In medium size braising pot, sear chuck roast on all sides. Remove roast and reserve.
2. In the same pot, sauté onions until lightly caramelized.
3. Add roast back to the pot along with the tomatoes and stocks. Stir in the Ancho Flavor Concentrate. The stock and vegetables should be enough to cover 2/3 to 3/4 of the chuck roast.
4. Cook covered in a convection oven for about 2-1/2 hours at 350°F or until fork tender.
5. Remove beef from braising liquid and shred, discarding any large pieces of fat or gristle.
6. Purée remaining vegetables and braising liquid into a sauce, and toss with pulled beef.

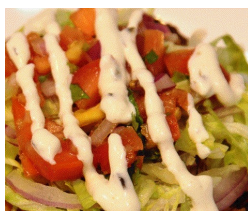
### Chef's tip

Hold beef hot in sauce for arepa station.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	276.6
Energy (Kj)	1159.4
Protein (g)	21.2
Carbohydrate, total (g)	3.8
Fats, total (g)	19.2
Sugars, total (g)	2.1
Fats, saturated (g)	7.7
Fiber, total dietary (g)	0.9
Sodium (mg)	123.3
Calcium (mg)	28.4
Cholesterol (mg)	95.8
Iron (mg)	2
Vitamin A (µg_RAE)	29.8
Vitamin C (mg)	9

## Green Chile Crema



A fresh and flavorful Latin crema enhanced with smoky Poblano, onions, garlic, cilantro and lime juice.

Yield	2-1/4 cups
Serves	108
Preparation time	5 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
12.5	oz	1-1/2 cups		Sour Cream, reduced fat, cultured	or Fat free
4	oz	1/2 cup		Mayonnaise, fat free	
1	oz	2 tbsp		<u>MINOR'S® Fire Roasted Poblano Flavor Concentrate Gluten Free (6x13.6oz)US</u>	
1	fl oz	2 tbsp		Lime juice, fresh	

### Preparation Steps

- Whisk together sour cream, mayonnaise, lime juice and Fire Roasted Poblano Flavor Concentrate.

### Chef's tip

For additional flavored crema concepts, refer to the Signature Sauce Matrix below.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	5.8
Energy (Kj)	25.6
Protein (g)	0.1
Carbohydrate, total (g)	0.4
Fats, total (g)	0.4
Sugars, total (g)	0.1
Fats, saturated (g)	0.3
Fiber, total dietary (g)	0
Sodium (mg)	15.6
Cholesterol (mg)	1.4
Iron (mg)	0
Vitamin A (µg_RAE)	4.3
Vitamin D (µg)	0.3

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Honey Citrus Pepper Pineapple Salsa



Use this versatile, sweet and spicy salsa for topping or dipping with a number of applications.

Yield	1-1/2 qts
Serves	38
Preparation time	3 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1.5	lb	1 qt		Pineapple	diced
4	oz	1 cup		Red bell pepper	diced
2	oz	1/2 cup		Red onion	diced
.3	oz	1/2 cup		Cilantro	chopped
.25	oz	1 tbsp		Sesame seed	
8	oz	1 cup		<u>MINOR'S® Honey Citrus Pepper RTU Sauce 4x0.5 gal.</u>	

### Preparation Steps

1. Combine the pineapple, peppers, onions, cilantro, sesame seeds and Honey Citrus Pepper Sauce. Marinate for at least 1 hour.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	22.8
Energy (Kj)	98.9
Protein (g)	0.2
Carbohydrate, total (g)	5.4
Fats, total (g)	0.2
Sugars, total (g)	4.2
Fats, saturated (g)	0
Fiber, total dietary (g)	0.4
Sodium (mg)	34.9
Calcium (mg)	5
Cholesterol (mg)	0
Iron (mg)	0.1
Vitamin A (µg_RAE)	10.5
Vitamin C (mg)	12.4

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Jalapeno Guacamole



A colorful and zesty speed-scratch guacamole featuring hints of garlic, onion and heat from Fire Roasted Jalapeños.

Yield	6-1/4 lbs.
Serves	50
Preparation time	5 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
4	lb	2	qts	Avocado	pulp
45	oz	2	qts	Jalapeno Pico De Gallo - prepared	(see recipe)

### Preparation Steps

1. Fold avocado pulp together with Minor's® flavored Jalapeno Pico de Gallo.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	64
Energy (KJ)	267.9
Protein (g)	1
Carbohydrate, total (g)	4.3
Fats, total (g)	5.4
Sugars, total (g)	1
Fats, saturated (g)	0.8
Fiber, total dietary (g)	2.7
Sodium (mg)	14.9
Calcium (mg)	7.7
Cholesterol (mg)	0
Iron (mg)	0.3
Fats, monounsaturated (g)	3.6
Fats, polyunsaturated (g)	0.7
Vitamin A (µg_RAE)	13.5
Vitamin C (mg)	7.6
Vitamin D (µg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Jalapeño Pico De Gallo



A spicy salsa fresca made from ripe tomatoes, sweet red onion, fresh cilantro with notes of onion, lime juice and smokiness from Minor's® Fire Roasted Jalapeño Flavor Concentrate.

Yield	9 lbs.
Serves	144
Preparation time	15 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
99	oz	4-1/2	qts	Tomatoes	seeded, diced
1	lb	1	qt	Red onions	small diced
3	oz	1/2	cup	<u>MINOR'S® Fire Roasted Jalapeño Flavor Concentrate Gluten Free (6x13.6oz)US</u>	
3	oz	1	cup	Cilantro	chopped

### Preparation Steps

1. Add tomatoes, onions, Fire Roasted Jalapeno Flavor Concentrate and cilantro to a bowl. Fold together until thoroughly combined.

### Chef's tip

For a milder Pico De Gallo, substitute Fire Roasted Poblano Flavor concentrate.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	5.5
Energy (Kj)	23.2
Protein (g)	0.2
Carbohydrate, total (g)	1.1
Fats, total (g)	0.1
Sugars, total (g)	0.7
Fats, saturated (g)	0
Fiber, total dietary (g)	0.3
Sodium (mg)	11.5
Calcium (mg)	3.1
Cholesterol (mg)	0
Iron (mg)	0.1
Fats, monounsaturated (g)	0
Fats, polyunsaturated (g)	0
Vitamin A (µg_RAE)	10.3
Vitamin C (mg)	3.7
Vitamin D (µg)	0

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## Poblano Guacamole



Mix together poblano avocado pulp with jalapeño corn salsa, ripe mango and black beans for an authentic addition to any meal.

Yield	1/3 cup
Serves	1
Preparation time	1 minute
Cooking time	3 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2	oz	1/4 cup		Poblano Avocado Pulp - prepared	(see recipe)
1/2	oz	1 tbsp		Jalapeno Corn Salsa - prepared	(see recipe)
1	tsp			Mango, ripe	diced
1/2	oz	1 tbsp		Black beans, cooked	

### Preparation Steps

1. Mix chosen Minor's flavored Avocado Pulp with chosen Minor's flavored salsas and condiments to create a custom guacamole.

### Chef's tip

Serve with healthy chips. For additional flavored guacamole concepts, see the Signature Condiments matrix.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	114.7
Energy (KJ)	482.3
Protein (g)	2.7
Carbohydrate, total (g)	10.7
Fats, total (g)	7.8
Sugars, total (g)	1.7
Fats, saturated (g)	1.1
Fiber, total dietary (g)	4.9
Sodium (mg)	109.3
Calcium (mg)	13.7
Cholesterol (mg)	0
Iron (mg)	0.7
Fats, monounsaturated (g)	5.1
Fats, polyunsaturated (g)	1.1
Vitamin A (µg_RAE)	84.8
Vitamin C (mg)	16.9
Vitamin D (µg)	0

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## Red Chile Adobo Crema



Cool cream balances the mild heat of dried Ancho peppers and is enhanced by layers of tomato, garlic and Latin spices from Minor's® Red Chile Adobo Flavor Concentrate.

Yield	2-1/4 cups
Serves	108
Preparation time	5 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
12.5	oz		1-1/2 cups	Sour cream, fat-free	
4	oz		1/2 cup	Mayonnaise, fat-free	
1	fl oz		2 tbsp	Lime juice, fresh	
1/2	oz		1 tbsp	<b>MINOR'S® Red Chile Adobo Flavor Concentrate Gluten Free (6x13.6oz)US</b>	

### Preparation Steps

1. Whisk together sour cream, mayonnaise, lime juice and Red Chile Adobo Flavor Concentrate.

### Chef's tip

For additional flavored crema concepts, refer to the Signature Sauce Matrix.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	3.6
Energy (Kj)	15.2
Protein (g)	0.1
Carbohydrate, total (g)	0.7
Fats, total (g)	0
Sugars, total (g)	0.1
Fats, saturated (g)	0
Fiber, total dietary (g)	0
Sodium (mg)	13.9
Cholesterol (mg)	0.4
Iron (mg)	0
Vitamin A (µg_RAE)	3.6

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## Reina Pepiada Arepa Filling



This "curvy queen" is complex and velvety. Moist shredded chicken, fresh parsley and diced bell pepper are gently folded into a course mash of tender avocado and mayonnaise. Scrumptious, rich and satisfying the filling gets a flavor boost of roasted chiles, garlic, cilantro and lime juice from *Minor's®* Fire Roasted Poblano Flavor Concentrate.

Yield	1-1/2 qts.
Serves	24
Preparation time	10 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
10	oz	2 each		Avocado	diced or Avocado pulp
4	oz	1/2 cup		Mayonnaise	
1	fl oz	2 tbsp		Vinegar	white
4	tbsp			Cilantro	chopped
4	tbsp			Parsley, fresh	chopped
1	tsp			<u>MINOR'S® Gluten Free Chicken Base made with Natural Ingredients (6x1lb)</u>	
1.1	oz	1-1/3 tbsp		<u>MINOR'S® Fire Roasted Poblano Flavor Concentrate Gluten Free (6x13.6oz)US</u>	
1.5	oz	1/4 cup		Red onion	small dice
1.5	oz	1/4 cup		Red bell pepper	small dice
1	oz	1/4 cup		Scallion	sliced
24	oz			Chicken breast fillet	cooked, diced

### Preparation Steps

1. In a large mixing bowl, add avocado, mayonnaise and vinegar. Coarsely mash avocado and mayonnaise together until mayonnaise has a green tint to it and only a few pieces of avocado remain.
2. Add cilantro, parsley, Chicken Base, Fire Roasted Poblano Flavor Concentrate, onions, peppers, scallion, and chicken. Thoroughly fold all ingredients together and refrigerate.

### Chef's tip

The chicken salad is best if made 24 hours in advance. Avocado pulp may be used in place of diced avocado.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	72.9
Energy (Kj)	305.9
Protein (g)	6.9
Carbohydrate, total (g)	2.7
Fats, total (g)	3.9
Sugars, total (g)	0.7
Fats, saturated (g)	0.6
Fiber, total dietary (g)	0.9
Sodium (mg)	102.1
Calcium (mg)	7.3
Cholesterol (mg)	17.8
Iron (mg)	0.3
Fats, monounsaturated (g)	1.7
Fats, polyunsaturated (g)	1.2



Vitamin A (µg_RAE)	24.5
Vitamin C (mg)	7.3
Vitamin D (µg)	0.1

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