

SMOKED PULLED PORK AND BEAN SOUP



Nutrition Facts

Serving Size	1 12th recipe
Amount Per Serving	
Calories 320	
	% Daily Value
Total Fat 15g	23%
Saturated Fat 7g	35%
Cholesterol 60mg	20%
Sodium 1530mg	64%
Total Carbohydrate 31g	10%
Dietary Fiber 4g	16%
Protein 17g	34%
Vitamin A %	Vitamin C %
Calcium %	Iron %







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INSTRUCTIONS

1. Prepare soup with water as directed.

2. Stir pulled pork, barbecue sauce and paprika into soup; bring to simmer. Cook for about 5 minutes or until heated through.

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For each portion, ladle 11/3 cups (330 mL) into bowl; garnish with 2 tbsp (30 mL) cheese, 1 tbsp (15 mL) sour cream and 2 tsp (10 mL) green onions.

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