



Nutrition Facts

Serving Size	1 12th recipe
Amount Per Serving	
Calories	270
% Daily Value	
Total Fat	7g 11%
Saturated Fat	3g 15%
Cholesterol	10mg 3%
Sodium	1350mg 56%
Total Carbohydrate	42g 14%
Dietary Fiber	8g 32%
Protein	10g 20%
Vitamin A	% Vitamin C %
Calcium	% Iron %



Total Time
**NOT
AVAILABLE**

Serving Size
1 12TH RECIPE

Difficulty
EASY

Yields
12

INSTRUCTIONS

1. Prepare soup with water as directed.
2. Sauté beans, jalapeño peppers, chili powder and cumin in oil for about 5 minutes or until beans are well coated and fragrant.
3. Stir bean mixture and barbecue sauce into soup; bring to simmer. Cook for about 5 minutes or until heated through.



Tip

For each portion, ladle 1 1/3 cups (330 mL) into bowl; garnish with 2 tbsp (30 mL) shredded cheddar and 2 tsp (10 mL) green onions.