



## Three-bean Spicy Soup

### Ingredients

- 20 cups water, divided
- 1 cup dried pinto beans
- 1 cup dried black beans
- 1 cup dried black-eyed peas
- 3 cups dehydrated mixed vegetable blend
- ¼ cup sun-dried tomatoes
- 3 tablespoons dried onion flakes
- 1 ½ teaspoons Cajun seasoning
- 2 tablespoons dried parsley
- 1 ¼ teaspoons garlic powder
- 2 tablespoons vegetable bouillon granules
- 3 dried bay leaves
- \*Optional: tortilla chips, shredded cheddar cheese, sour cream

### Directions

Makes 12 servings

1. Rinse and drain beans. In a large stock pot, combine 8 cups water with the pinto beans, black beans and black-eyed peas. Bring to a boil, reduce heat and simmer for 3 minutes. Remove from heat, cover and soak for about 1 hour. Drain and rinse beans.
2. In a large pot, place 12 cups water, prepared beans and remaining ingredients. Bring to a boil, reduce heat and simmer for 1 ½ to 2 hours, until beans are tender.
3. Serve warm. Garnish with tortilla chips, shredded cheddar cheese and sour cream, if desired\*.

\*Option not included in nutrition facts.



## TIP

For a delicious soup with less hands-on time, try this recipe in your slow cooker! To make soup: In your slow cooker, combine 12 cups hot water with the dry ingredients. Cover and cook on high for 4 to 5 hours or on low for 8 to 10 hours. Add more hot water, if needed. Garnish with tortilla chips, shredded cheddar cheese and sour cream, if desired.\*

♥ = heart smart

🚫 = low sodium

GF = gluten free

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## Nutrition Facts

Serving Size 1 1/2 cup (306g)  
Servings Per Container 12

Amount Per Serving

**Calories 220**      **Calories from Fat 10**

% Daily Value\*

**Total Fat 1g**      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 75mg**      **3%**

**Total Carbohydrate 43g**      **14%**

Dietary Fiber 8g      **32%**

Sugars 8g

**Protein 12g**

Vitamin A 40%      •      Vitamin C 60%

Calcium 10%      •      Iron 25%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: may contain corn

Carb choices per serving: 2 1/2