

CREATE YOUR CUSTOM GIFT JAR AND RECIPE TAGS IN A FEW EASY STEPS!

1. Cut around outside of red borders.
2. Roll and tie (or fold) each recipe card.
3. Attach recipe cards to jar with ribbon or string.
4. Tie or glue on gift tags and other small decorations such as ornaments or greenery.

how to make

Spicy Southwest Bean Soup

Prep time: 15 min. | Total time: 9 hr. | Serves: 8

- 1 Spicy Southwest Bean Soup Gift Jar
- 2 tbsp (30 mL) vegetable oil
- 4 carrots, diced
- 4 celery stalks, diced
- 2 onions, diced
- 4 cups (1 L) reduced sodium chicken, beef or vegetable broth
- 1 cup (250 mL) shredded Monterey Jack cheese
- 1 ripe avocado, pitted, peeled and chopped
- crispy tortilla strips or chips, for serving (optional)

Directions:

1. Open Spicy Southwest Bean Soup Gift Jar. Set bagged spice mixture aside. Pour bean mixture into colander. Rinse under cold, running water until water runs clear. Transfer bean mixture to large bowl. Cover with cold water; soak at room temperature at least 8 hr. or overnight. Drain and rinse.
2. Heat oil in Dutch oven or large saucepan set over medium heat. Cook carrots, celery and onion 3 to 5 min., until vegetables are softened. Add reserved spice mixture; cook 1 min. until fragrant.
3. Add drained bean mixture, broth and 4 cups (1 L) water; bring to a boil. Reduce heat to medium-low. Simmer, 1 to 1 1/2 hr until beans are tender, occasionally skimming off foam. Ladle into into serving bowls and top with cheese, avocado and tortilla strips, if using.

Per serving (1/8 of the recipe): 280 calories, 11 g total fat, 3 g saturated fat, 36 g carbohydrates, 4 g sugar, 15 g protein, 10 mg cholesterol, 14 g fibre, 630 mg sodium



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