



Total Time
135 MIN.

Serving & Size
1-1/4 CUP

Difficulty
EASY

V8® 100% Vegetable Juice combines with onion, green pepper, corn and black beans for this flavored packed side dish.

Yields
12

INGREDIENTS

WEIGHT

MEASURE



V8® 100% Vegetable Juice

3 cups

vegetable oil

3 tbsp.

garlic powder

3/4 tsp.

black beans, canned, rinsed, drained

48 oz.

9 1/2 cups

small white beans, canned, rinsed, drained

48 oz.

9 cups

whole kernel corn, canned, rinsed, drained

24 oz.

4 cups

green pepper

16 oz.

3 cups

onion, chopped

9 oz.

1 1/2 cups

INSTRUCTIONS

Mix all ingredients and stir until evenly coated. Cover and refrigerate at least 2 hours.
CCP: Hold at 40°F. or lower. Portion 1-1/4 cups each.

Nutrition Facts

Serving Size 1-1/4 CUP

Amount Per Serving

Calories 329

% Daily Value

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Cholesterol 0mg **0%**

Sodium 850mg **35%**

Total Carbohydrate 56.4g **19%**

Dietary Fiber 16g **64%**

Protein 17.7g **35%**

Vitamin A 6% Vitamin C 60%

Calcium 9% Iron 26%