



Total Time
NOT AVAILABLE

Serving & Size
1 3/4 CUP


Difficulty
EASY

Low sodium vegetable juice is the secret ingredient in this easy-to-make bean salad featuring an assortment of canned beans, chopped peppers, onion and garlic.

Yields
48

Nutrition Facts	
Serving Size	1 3/4 CUP
Amount Per Serving	
Calories 162	
	% Daily Value
Total Fat 4.5g	7%
Saturated Fat 0.4g	2%
Cholesterol 0mg	0%
Sodium 276mg	12%
Total Carbohydrate 26.3g	9%
Dietary Fiber 7.6g	30%
Protein 6.3g	13%
Vitamin A 13%	Vitamin C 132%
Calcium 3%	Iron 11%

INGREDIENTS **WEIGHT** **MEASURE**

	Low Sodium V8® Vegetable Juice	3 qt.
	vegetable oil	3/4 cups
	garlic powder	1 tbsp.
	black beans, canned, rinsed, drained	180 oz. 20 cups
	green pepper, chopped	180 oz. 20 cups
	whole kernel corn, drained	6 lb. 1 gallons
	red bell pepper, chopped	69 oz. 3 qt.
	onion, medium, chopped	3 lb. 3 ea.

INSTRUCTIONS

1. Stir the V8® Vegetable Juice, oil, garlic, black beans, white beans, corn, pepper and onion in a large bowl until evenly coated. Refrigerate for at least 2 hours.

CCP: Refrigerate at 41 °F (5 °C) or lower.

TIP

Serve with Grilled Picante BBQ Chicken and ½ cup of fresh cantaloupe for a meal under 500 calories.

Also delicious with V8® 100% Vegetable Juice Low Sodium or V8® Vegetable Juice Essential Antioxidants.