



Black and White Bean Salad Side Dish

Serving Size ⅔ cup

Ingredients

	44 Servings		88 Servings	
	Weight	Measure	Weight	Measure
Low sodium V8® Vegetable Juice	--	1 qt	--	2 qts
Vegetable oil	--	½ cup	--	1 cup
Garlic powder	--	1 tsp	--	2 tsp
Onion powder	--	1 tsp	--	2 tsp
Black beans, rinsed, drained	4 lbs 8 oz	1 #10 can (3 qts)	9 lbs	2 #10 cans (6 qts)
Great Northern, rinsed, drained	4 lbs 8 oz	1 #10 can (3 qts)	9 lbs	2 #10 cans (6 qts)
Diced medium green chilies, 4-ounce can	--	2 cans	--	4 cans
Sweet red, yellow or orange peppers, diced	1 lb	1 qt	2 lbs	2 qts
Corn kernels, frozen, thawed	2 lbs	3 ⅓ cups	4 lbs	6 ⅔ cups

Directions

In a large bowl or container combine the vegetable juice, vegetable oil, garlic powder and onion powder.

In a large bowl combine the black beans, navy beans, diced green chilies, diced peppers and corn kernels. Add the vegetable juice dressing and stir until well combined.

Refrigerate for at least 2 hours or overnight. Stir the salad just before service.

Serve using a ½ cup perforated spoodle.

Components

Legume ½ cup

Starchy Vegetable ⅛ cup

Nutrients Per Serving

Calories 190

Total Fat 3.2 g

Saturated Fat .43 g

Cholesterol 0 mg

Carbohydrate 32.48 g

Dietary Fiber 8.79 g

Protein 10.2 g

Sodium 175.96 mg

Iron 2.08 mg

Calcium 51.46 mg

Vitamin A 670.32 IU

Vitamin C 36.68 mg