



Fiesta Soup from 30 for \$3 on www.hy-vee.com

All you need:

- 1 (10 ounce) bag frozen Hy-Vee Fiesta vegetable blend, thawed
- 1 (15 ounce) can Hy-Vee black beans, rinsed and drained
- 1 (24 ounce) jar Grand Selections medium black bean & corn salsa
- 2 (14 ounces each) cans Hy-Vee reduced-sodium chicken broth



All you do:

Combine Fiesta blend vegetables, beans and salsa in a large saucepan over medium heat. Stir in chicken broth.

Bring to a boil. Simmer over low heat for 10 minutes.

OR

Combine all ingredients in a crock pot and heat on high for 4-6 hours or low for 8-12 hours.

Garnish with chips and cheese, if desired.

Nutrition information per serving:

- Calories: 240
- Carbohydrate: 38g
- Cholesterol: 5mg
- Dietary Fiber: 6g
- Fat: 2g
- Protein: 12g
- Saturated Fat: 0g
- Sodium: 1300mg
- Sugar: 13g

For questions contact Meredith Tibbe, registered dietitian, (309) 342-1615 • mtibbe@hy-vee.com