Chipotle BBQ Three Bean Salad

Ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>Measure</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canned black beans, low sodium, drained</td>
<td>7#</td>
<td>1 #10 can</td>
<td>1. Rinse all beans in cold water and drain well.</td>
</tr>
<tr>
<td>Canned pinto beans, low sodium, drained</td>
<td>7#</td>
<td>1 #10 can</td>
<td>2. Combine all beans together.</td>
</tr>
<tr>
<td>Canned garbanzo beans, low sodium, drained</td>
<td>7#</td>
<td>1 #10 can</td>
<td>3. Combine yogurt and lime juice in mixing bowl.</td>
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<tr>
<td>Dannon plain fat-free Greek yogurt</td>
<td>2 lbs.</td>
<td>4 cups</td>
<td>Add pepper, onion, garlic dill, chipotle powder and cilantro. Blend well.</td>
</tr>
<tr>
<td>Lime juice</td>
<td>8 oz.</td>
<td>1 cup</td>
<td>4. Combine yogurt mixture and BBQ sauce. Mix until blended.</td>
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<tr>
<td>McCormick granulated garlic</td>
<td></td>
<td></td>
<td>5. Pour mixture over beans. Toss lightly to combine.</td>
</tr>
<tr>
<td>McCormick granulated onion</td>
<td></td>
<td></td>
<td>6. CCP: Chill to 41° F or lower within 4 hour. Refrigerate until ready to use.</td>
</tr>
<tr>
<td>McCormick dried dill</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>McCormick Chipotle powder</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>McCormick dried cilantro</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Sweet or Smokey BBQ sauce</td>
<td>12 oz.</td>
<td>1½ cups</td>
<td></td>
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Serving:

½ cup (No. 8 scoop) provides ½ cup of vegetable.
Recommendation: Serve with tortilla chips.

Nutrients Per Serving

<table>
<thead>
<tr>
<th>Calories</th>
<th>196 kcal</th>
<th>Saturated Fat</th>
<th>0.02 g</th>
<th>Iron</th>
<th>0.11 mg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>11.67 g</td>
<td>Cholesterol</td>
<td>0.82 mg</td>
<td>Calcium</td>
<td>22.39 mg</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>34.81 g</td>
<td>Vitamin A</td>
<td>26.31 IU</td>
<td>Sodium</td>
<td>296.75 mg</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.76 g</td>
<td>Vitamin C</td>
<td>0.52 mg</td>
<td>Dietary Fiber</td>
<td>10.51 g</td>
</tr>
</tbody>
</table>