

Recipe Name: 4 Bean Salsa Soup

Resources used for Crediting
SBG

Component Contribution
 X ___ Meat/Alt ___ Vegetable/Fruit
 ___ Grain/Bread

<u>1/2+ cup to 3/4 cup</u> Portion Size	<u>3-5 yr old</u> Age Group
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Ingredient	Form (whole, chopped)	<u>18.75 cups</u> Recipe Yield	
		Weight	Measure
Red Beans	Canned		2 #300 cans
Chili Beans	Canned		2 #300 cans
Black Beans	Canned		2 #300 cans
Garbanzo Beans	Canned		2 #300 cans
Pace Salsa, mild		40 oz	
Turkey Sausage	Diced	1 lb	
Cilantro	Chopped		1/2 cup
Cumin			2 Tbs
Onion	Minced		1 Cup
Garlic	Minced		2 Tsp

Directions:

Saute sausage, garlic, onions.

Add Beans, cumin, salsa and cilantro

Simmer until hot.

Serve with additional cheese on the side.