

SPICY HOT CHILLED BEAN GAZPACHO

2 cans (15 oz) pinto beans, undrained	1 jar (16 oz) thick & chunky salsa
1 qt tomato-vegetable juice	1 can (15 oz) black beans, rinsed & drained
2 T vegetable oil	1 c chopped peeled seedless cucumber
3 T lime juice	1 c thinly sliced celery
2 t Worcestershire sauce	1¼ c cubed peeled avocado
2 t minced garlic	cucumber, celery or green onion sticks

Process pinto beans and liquid, 2 cups tomato-vegetable juice, oil, lime juice, Worcestershire sauce and garlic in food processor or blender until mixture is smooth. Pour mixture into large bowl; stir in remaining tomato-vegetable juice, salsa, black beans, chopped cucumber and sliced celery. Refrigerate at least 3 hours for flavors to blend.

Stir avocado into soup; spoon into bowls and garnish w/vegetable sticks.

Makes 10 to 12 side dish servings.

Calories: 182, Carbohydrate: 26 grams, Protein: 7 grams, Fat: 6 grams.