

SPICY THREE BEAN SALAD

STEP-BY-STEP



Drain and rinse beans in a colander under running water until the liquid runs clear.



Add the yogurt, BBQ sauce, lime juice, and spices to a large bowl or container.



Whisk until thoroughly combined.



Add beans to sauce mixture, and using a spatula, fold until beans are evenly coated with the sauce.



Portion using a #8 disher.