

franks and beans

Serves: 4

Prep and Cook time: 30 min

Per serving: 314 calories, 13 g fat, 1111 mg sodium

2 tsp vegetable oil
3 regular hot dogs
1/2 large green bell pepper (for 3/4 cup chopped) (optional)

1 large can (28 oz) baked beans (seasoned beans are recommended)
2 cans (about 14 oz each) vegetable broth or chicken broth

1/2 tsp chili powder
1 tsp spicy brown mustard

1. Heat the oil in a 4 1/2 quart soup pot or Dutch oven over medium heat. Cut the hot dogs onto 1/4 inch thick slices and add them to the pot. Cook until the franks start to brown, 2 to 3 minutes.
2. Add the baked beans with their juice, and the broth, chili powder, and mustard. Stir well. Raise the heat to high and bring the soup to a boil. Then reduce the heat to medium to maintain a moderate boil.
3. Stem, seed, and coarsely chop the green pepper (if using) and set it aside. Continue to boil the soup to blend the flavors, about 10 minutes. Add the green pepper (if using) to the pot in the last 5 minutes of cooking. Serve at once.