

# Download Cooking Hearty Bean Soups

Today is a very exciting day for me, since I'll be presenting this soup mix in a cooking segment on a local news station here in Austin called KXAN. Fresh and fast, these comforting soups and stews can be ready in 45 minutes or less. This Hearty Mixed Bean Soup is the perfect choice for cold, blustery days. Packed with protein & flavor, it will fill everyone's tummies for a healthy meal. Talk about a hug in a mug! After taking the advice of several reviewers to increase the bean content (I put in two large jars of Great Northern beans, water and all, instead of the one 15-oz. can), this turned into the most comforting, hearty, flavorful creation I have had in a long time!