SOUPS

5 CAN SOUP 1 cup = 2 points
All cans are 14-16 ounce size--DO NOT DRAIN

- **1 can Progresso Classic Minnestroni Soup (100 cal.)**
- **1 can diced tomatoes, seasoned or not...**
- **1 can mixed vegetables**
- **1 can black beans**
- **1 can white corn or lima beans**

Dump all can contents into a pot; heat.