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.