

Salad

Three Bean Salad

Yield: approximately 6 cups

- 4 Cups trimmed & cut green and/or yellow beans
- 1 Can (15 ounce) dark red kidney beans
(or other bean of choice)
- 1 Medium green pepper, chopped
- ½ Cup sugar or honey or agave, or to taste
- 2/3 Cup apple cider vinegar
- 1/3 Cup oil of choice (note: some oils such as olive will become solid when refrigerated, so you will need to remove salad from refrigerator 20-30 minutes before serving)
- Salt and freshly ground pepper to taste



Bring large pot of salted water to a boil. Add cut beans and cook 4-5 minutes or until al dente. Immediately drain and place in bowl of ice water until completely cooled. Drain well and add to large mixing bowl.

Drain and rinse canned beans and add to mixing bowl. Add chopped pepper and onion to beans and toss to combine.

In a jar with tight fitting lid, or in a medium bowl using a whisk, combine the sugar (or other sweetener), vinegar, oil, about 1 teaspoon salt and 8-10 grinds of pepper. Shake or whisk until well combined and sugar is dissolved. Pour dressing over bean mixture and toss to coat.

Transfer mixture to large storage bowl with tight fitting lid and refrigerate at least 4 hours or overnight, mixing every few hours, if you remember.

Salad will last about 5 days in the refrigerator, but beans will lose their bright green color and some of their crispness after about 1 day.



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