

Bean Salad

Prep time: 10 mins

Cooking time: None!

Makes: 4 Servings

Ingredients

1 medium onion, chopped

1 green, red, or yellow pepper, chopped

2 stalks of celery, chopped

125g mushrooms, quartered

1 tin of chickpeas beans, drained & rinsed

1 tin of kidney beans, drained & rinsed

1 tin of white beans, drained & rinsed

Bottled vinaigrette salad dressing to taste (start with about 125ml)

2 tablespoons chopped fresh parsley, basil, or coriander (optional)



Method

1. Mix drained beans with chopped vegetables in a large bowl.
2. Add Italian dressing and mix thoroughly. Best if made at least one hour before serving. Sprinkle with chopped herbs to serve.

Try different combinations of beans. All the vegetables are optional, so you can leave out the pepper or mushrooms, or add in fresh tomatoes, cucumber, or whatever you have.

Home-Made Vinaigrette

2 tablespoons red or white wine vinegar (or other vinegar)

½ teaspoon salt

½ teaspoon ground black pepper

6 tablespoons olive oil

½ teaspoon of dried herbs (try thyme, oregano, basil, or whatever you fancy)

¼ teaspoon of dry mustard powder or 1 teaspoon of prepared mustard (optional)

Place all ingredients in a jar with a lid and shake well. Simple!