



3-Bean Salad

Source: Cooking with Extension / **Yield:** 6 (1 cup) servings | 250 Calories per serving. Total fat 8g; Protein 11g; Total carbohydrate 36g; Dietary fiber 11g, Sodium 180mg.

INGREDIENTS:

- 1 (14.5 oz.) can green beans, drained & rinsed
- 1 (15 oz.) can pinto or garbanzo beans, drained & rinsed
- 1 (15 oz.) can kidney beans, drained & rinsed
- ½ green pepper, chopped
- 2 teaspoons sugar
- 6 tablespoons apple cider vinegar
- 3 tablespoons vegetable oil
- ¼ teaspoon black pepper
- ¼ teaspoon salt (optional)

DIRECTIONS:

1. Collect, chop and measure all ingredients.
2. Mix the green beans, pinto or garbanzo beans, kidney beans and green pepper in a large bowl.
3. In a small bowl, mix sugar, vinegar, oil & black pepper. Pour the liquid mixture over the beans and pepper; toss together.
4. Taste; add salt if desired.
5. Serve immediately or chill overnight for even better flavor.