THREE BEAN SALAD

Servings: 02 | Prep time: 0:15 | Total time: 0:15

NUTRITION INFORMATION

Per Serving
Calories: 518
Total fat: 14g
Carbohydrates: 80g
Protein: 22g

INGREDIENTS

1 cup canned Garbanzo Beans
1 cup canned Kidney Beans
1 cup canned Pinto Beans
1¼ cup canned Mixed Vegetables
½ cup diced Onion (optional)
5 tbsp Vinegar (or squeezed Lemon)
2 tbsp Canola Oil
2 tsp Sugar

DIRECTIONS

1. Drain the water out of all your canned items and mix them in a large bowl with the onions.
2. In a separate bowl, mix the vinegar (or squeezed lemon) and canola oil for the dressing. Add sugar to taste to balance out the acidity of the vinegar. Start with 1 tsp and add more as you see fit.
3. Mix the dressing until completely mixed and the sugar is dissolved completely. Then, add it to the bowl with the beans and vegetables.
   a. Alternative: You can use any combination of beans you would like!
4. Refrigerate the salad for at least 1 hour to let the dressing soak in. Garnish with cilantro (optional) and enjoy!