3-BEAN SALAD

PREP TIME:
6 to 10 minutes

SERVES:
6 servings
(1 cup per serving)

INGREDIENTS:

1 (14.5 ounce) can green beans, drained and rinsed
1 (15 ounce) can pinto or garbanzo beans, drained and rinsed
1 (15 ounce) can red kidney beans, drained and 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)

STEPS:

1. Before starting to prepare the recipe:
   a. Wash the green pepper.
   b. 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 the sugar, vinegar, oil, and black pepper. Pour the liquid mixture over the beans and green pepper, and toss together.

4. Taste, and add salt if desired.

5. Serve immediately, or chill overnight for even better flavor.

6. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be creative! Try adding minced onions, other vegetables, or cooked pasta.

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