



# THREE BEAN SALAD



## PANTRY CLIPS MEAL KIT

Step-by-step instructions and all the ingredients you need to make this delish dish! Serves 4.



### THIS KIT INCLUDES (INGREDIENTS):

Canned chickpeas, canned white kidney beans, canned red kidney beans, canned yellow wax beans, canned green wax beans, small red onion, celery stalks, dried parsley, red wine vinegar, olive oil, and spice packet (sugar, Italian seasoning).



Scan this QR code and check out our YouTube channel to find the video for this recipe, so you can follow along with Chef Edna as she cooks!

Flip to find the instructions for this recipe



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## INGREDIENTS

- 1 small can, rinsed and drained chickpeas
- 1 small can, rinsed and drained white kidney beans
- 1 small can, rinsed and drained red kidney beans
- 1 small can, drained yellow wax beans
- 1 small can, drained green wax beans
- 1 small red onion finely diced
- 3 stalks of celery, finely diced
- 2 tablespoons dried parsley (fresh if available)

### DRESSING

- 1/2 cup red wine vinegar
- 3 tablespoons sugar
- 1/4 cup olive oil
- 1 teaspoon Italian seasoning
- Salt and pepper to taste

## METHOD

1. Combine the first 8 ingredients in a large bowl and stir well.
  2. Combine the dressing ingredients in a shaker style container and shake well.
  3. Drizzle over the salad and stir well.
  4. Allow to chill in the refrigerator a few hours to combine the flavours.
- \* Store in refrigerator up to 5 days in airtight container.
  - \* Tips: In our recipe we used chickpeas, white and red kidney beans, yellow and green wax beans. You can use these or substitute for any canned beans you currently have in your pantry.
  - \* Try adding your favourite herbs to the recipe such as basil, mint, dill, cilantro, etc. If you do not have fresh herbs readily available dried herbs work nicely as well. Try substituting the Italian seasoning for our Mediterranean spice blend!
  - \* Want something a little more filling? Add cooked and cooled pasta to the bean salad and mix well together.