



Cooperative Extension Service
College of Tropical Agriculture and Human Resources
University of Hawai'i at Mānoa



BEAN SALAD

Number of servings: 14

Ingredients:

- 4 (15-ounce) cans of beans (pinto, kidney, less sodium green, garbanzo)
- 1 small round onion
- 1 medium carrot
- 1 clove garlic
- ½ cup vinegar
- 1 teaspoon sugar
- ½ teaspoon pepper
- Optional: 2 teaspoons oregano

Directions:

1. DRAIN and RINSE beans. SET aside.
2. SLICE onion and carrot into strips. SET aside.
3. CRUSH garlic clove.
4. In a large bowl, COMBINE beans, onion, carrot, and garlic.
5. In a small jar, COMBINE vinegar, sugar, and pepper together. Optional: ADD oregano. MIX well.
6. POUR vinegar mixture over bean mixture.
7. TOSS gently and COVER bowl. REFRIGERATE overnight.

Variations:

Dry beans may be used. Cook according to package directions.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.



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