Good Grinding for Wise Dining
Bean Salad

Number of servings: 7
* 1 recipe will make 20-24 “taste” servings

Ingredients:
- 2 (15-ounce) cans of beans (pinto, kidney, green, garbanzo)
- ½ small round onion
- ½ medium carrot
- ½ clove garlic
- ¼ cup vinegar
- ½ teaspoon white sugar
- ¼ teaspoon pepper
Optional: 1 teaspoon oregano

Directions:
1. RINSE and DRAIN beans.
2. SLICE onion and carrots into strips.
3. CRUSH garlic clove.
4. In a large bowl, COMBINE beans, carrot, onion, and garlic.
5. In a small bowl, COMBINE vinegar, sugar, pepper, and (optional) oregano together. 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.

Equipment
- Can opener
- Knife
- Cutting board
- Vegetable peeler
- Vegetable grater
- Mixing spoon
- Measuring cups
- Measuring spoons
- Mixing bowls (large and small)
- Plates and spoons

* Always practice safe food handling techniques. Refer to Food Safety section.