

# THREE BEAN SALAD

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## Ingredients:

- 15 oz. cooked kidney beans
- 15 oz. cooked black beans
- 15 oz. cooked cannellini beans
- 1 medium celery rib
- 1/2 medium onion
- 1 small bunch of parsley
- **For the dressing:**
- 3 tbsp. olive oil
- 1 tbsp. apple cider vinegar or lemon juice
- 1/2 tsp. salt
- 1/2 tsp. cumin powder
- 2 garlic cloves, minced
- a pinch of cayenne

## Directions:

- **Prep the veggies and beans.** Dice the celery, onions, and parsley. Set aside. Thoroughly rinse the three beans and also set aside.
- **Make the dressing.** Add the olive oil, vinegar, minced garlic, cumin, salt, and a pinch of cayenne to a small mason jar and shake well until all the ingredients are well incorporated.
- **Make the Salad.** Place all three beans into a large bowl. Then, add the chopped celery, onions, and parsley. Pour the dressing on top and mix well until everything is coated in dressing.

