

NoSugar Three Bean Salad

Jacob · 29/09/2024



Prep Time

2 hrs 15 mins

Difficult

Medium

Servings

8

Description

This recipe was given to me by a vegan friend I had in college It is the best bean salad I have ever tasted and I love it because you can experiment with the ingredients and still have a mouthwatering side dish I hope you like it

Ingredients

- - 1 (15 ounce) can garbanzo beans (chickpeas)
- drained and rinsed - 1 (15 ounce) can kidney beans
- drained and rinsed - 1 (15 ounce) can green beans
- drained and rinsed - 4 green onions
- chopped - 1 stalk celery
- sliced - ½ cup cider vinegar - ¼ cup vegetable oil - 1 tablespoon honey - ½ teaspoon ground dry mustard - ¼ teaspoon garlic powder - ¼ teaspoon ground black pepper - ¼ teaspoon onion powder (Optional) - ¼ teaspoon ground cayenne pepper (Optional)

Instructions

1. In a bowl
2. gently mix the garbanzo beans
3. kidney beans
4. green beans
5. green onions
6. and celery. In a separate bowl
7. whisk together the vinegar
8. oil
9. honey
10. mustard
11. garlic powder
12. black pepper
13. onion powder
14. and cayenne pepper. Pour dressing over the salad
15. and toss gently to coat. Cover
16. refrigerate at least 2 hours
17. and gently toss before serving.