

made for us by Kirstin Fearon

Four Bean Salad

INGREDIENTS

1 (19 ounce) can chickpeas
1 (14 ounce) can green beans
1 (14 ounce) can wax beans
1 (19 ounce) can red kidney beans
1 red bell pepper (any colour can be used)
1 small red onion, peeled and thinly sliced
1/2 cup chopped fresh flat leaf parsley

DRESSING

2/3 cup red wine vinegar
2 tablespoons balsamic vinegar
1/2 cup canola oil
1/2 cup granulated sugar (use less if desired)
1 clove garlic, minced
1 teaspoon Worcestershire sauce
1 teaspoon kosher salt
1/4 teaspoon fresh ground black pepper

DIRECTIONS

Drain a 19-oz tin of chick peas (garbanzo beans), rinse well, then drain again; place in a large mixing bowl.

Drain a 14-oz tin of green beans and a 14-oz tin of wax beans well and then add to bowl.

Drain a 19-oz tin of red kidney beans, rinse well then drain again; add to bowl.

Dice up a coloured bell pepper (red, orange or yellow, I don't use green as I don't like them much) and add to beans.

Peel a small red onion and slice into very thin strips and add to bowl.

Lastly, add about 1/2 cup of chopped fresh Italian parsley.

Now make dressing: in a separate bowl, whisk together the vinegars, oil, sugar (I use a scant 1/2 cup), minced fresh garlic, Worcestershire, and salt and pepper.

Pour dressing over salad ingredients and toss.

Cover and refrigerate overnight, stirring occasionally (before serving, taste, as it may need more salt).

Spoon bean salad into a serving bowl using a slotted spoon to drain off most of the dressing.