



3-BEAN SALAD

Yield: 6 Servings | Serving Size: 1 cup

Cost/Serving: \$0.82

Ingredients:

- 1 (14.5 ounce) can green beans, drained and rinsed
- 1 (15-ounce) can pinto or garbanzo beans, drained and rinsed
- 1 (15-ounce) can red kidney beans, drained and rinsed
- 1/2 green pepper, chopped
- 2 teaspoons sugar
- 6 Tablespoons apple cider vinegar
- 3 Tablespoons vegetable oil
- 1/4 teaspoon pepper
- 1/4 teaspoon salt (optional)

Directions:

- 1) Before starting to prepare the recipe:
 - a. Wash the green pepper.
 - b. Collect, chop, and measure all ingredients.
 - c. Open, drain, and rinse the beans.
- 2) Mix the green beans, pinto or garbanzo beans, kidney beans, and green pepper in a large bowl.
- 3) In a small bowl, mix the sugar, vinegar, oil, and black pepper. Pour the liquid mixture over the beans and green pepper and toss together.
- 4) Taste, and add salt if desired.
- 5) Serve immediately or chill over night for even better flavor.
- 6) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be Creative! Try adding minced onions, other vegetables, or cooked pasta.

Nutrition Facts

6 servings per container

Serving size	1 Cup (237g)
Amount Per Serving	
Calories	250
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 36g	13%
Dietary Fiber 11g	39%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 11g	22%
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 3mg	15%
Potassium 799mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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