

Mixed Bean Salad

This recipe makes a lot but it will keep a week in the refrigerator. It's a favourite with just about everybody, especially in the summer.

Makes 10 servings

Cost: \$0.41 per serving

1	can (19 oz/540 ml) kidney beans, drained	1
1	can (19 oz/540 ml) chick peas, drained	1
1	can (14 oz/398 ml) yellow wax beans, drained	1
1	can (14 oz/398 ml) green beans, drained	1
1	medium onion, chopped	1
1	medium green pepper, chopped	1
2/3 cup	vinegar	150 ml
1/3 cup	vegetable oil	75 ml
1/4 cup	sugar	50 ml
1/2 tsp	dried basil (optional)	2 ml
	salt and pepper	

1. Put kidney beans, chick peas, yellow beans, green beans, onion and green pepper into a large bowl.
2. Mix vinegar, oil, sugar and basil, if desired, in a small bowl. Pour over bean mixture. Mix well.
3. Add salt and pepper to taste. Cover and refrigerate.
4. Just before serving, stir gently

Per serving: 245 calories
Calories from fat: 31%
Excellent source of: folic acid
Good source of: iron
Very high source of: dietary fibre

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