

Summer Bean Salad



Makes:

15 servings as a side dish

Utensil:

Saladmaster Food Processor
7 Qt./6.6 L Roaster with Cover
10 Qt./9.5 L Roaster with Cover
6 Qt. (5.6L) Culinary Basket
large mixing bowl

Rate ★★★★★

Recipe:

Contributed By:

Cathy Vogt
Certified Health Coach & Natural Foods Chef
[Write a Review](#)

Recipe Description:

Need a quick potluck or picnic dish that is delicious and easy to prepare for a crowd? Combine seasonal ingredients and pantry staples into a fresh and nutritious side dish. This recipe pairs well with meat, fish, and poultry or on its own as a vegan entrée. Bean and legumes are an inexpensive, filling and protein-rich food. Beans are generally low in fat and great sources of calcium, iron and B vitamins.

1/4 cup
apple cider vinegar or red wine vinegar
(60
mL)
1 cup
red onion, thinly sliced, use Cone #4
(90
g)
2 cloves
garlic, finely minced, use Cone #1
28 ounces
chickpeas, drained and rinsed
(794
g)
28 ounces
kidney beans, drained and rinsed
(794
g)
28 ounces
pinto beans, drained and rinsed
(794
g)
1 lemon, juiced

2 pounds
 green and yellow string beans, trimmed, cut into 1-inch (2.5-cm)
 pieces
 (907
 g)
 ¼ cup
 olive oil
 (60
 mL)
 1 small bunch
 fresh parsley, chopped
 salt and pepper to taste
 1 head
 red or green leaf lettuce, trimmed and washed

Directions:

1. Place vinegar in large mixing bowl. Add sliced red onions and garlic to vinegar and marinate for approximately 15 minutes to soften onions and garlic.
2. Place culinary basket in sink and place chickpeas, kidney beans and pinto beans into basket; drain and rinse. Pour lemon juice over beans and toss gently.
3. Pour beans on top of marinating red onions. Set aside.
4. Place water (3 cups/700mL for 7 Qt. Roaster or 6 cups/1.4L for 10 Qt. Roaster) in roaster, attach Versa Loc™ handles, turn temperature to medium-high and cover.
5. Add washed, trimmed and cut green and yellow beans to culinary basket; attach Versa Loc™ handles.
6. When Vapo-Valve™ clicks, carefully remove cover and insert culinary basket with beans into roaster and re-cover.
7. When Vapo-Valve™ clicks again, reduce heat to medium-low and cook for 4 - 6 minutes until beans are tender crisp.
8. Remove roaster and culinary basket from stove; carefully remove cover. Lift basket out of roaster and drain. Pour beans directly into mixing bowl with onions and garlic.
9. Pour olive oil on top of mixture, add parsley, salt and pepper and toss gently to combine, being careful not to mash beans.
10. Chill salad in refrigerator until ready to serve.
11. Serve bean salad on top of lettuce leaf as a side dish.

Tips:

- Substitute canned beans for dry cooked beans.
- Vary bean combination: black bean and cranberry beans or lentils and pinto beans.
- Add in different fresh chopped herbs: cilantro, chives or fresh thyme.
- If desired, reduce oil to 1/8 cup.

Nutritional Information per

▼ Serving

Calories: 218
Total Fat: 5g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 487mg
Total 35g
Carbs:
Dietary Fiber: 11g
Sugar: 2g
Protein: 10g