

Spicy Jalapeno Three Bean Salad

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Ingredients

- 1 cup dried cannellini beans
- 1 cup dried kidney beans
- 1 cup dried garbanzo beans
- 1 cup dried black beans
- 2 cups green beans
- ½ Vidalia onion (about ¾th cup)
- 2 celery stalks (about 1 cup)
- 1 cup fresh, loosely packed flat-leaf parsley, finely chopped
- Salt and pepper
- 1/2th cup apple cider vinegar (optional)
- Blake Hill's Spicy Jalapeno Shrub



Serving Size: 6

Directions

- Rehydrate dried beans – reference their packaging for instructions specific to the variety (you may use a pressure cooker for 1.5 hours to rehydrate beans.)
- Finely chop celery and onion (Optional: soak in water to take the edge off the onion)
- Chop green beans into 1 inch pieces (Optional: blanch in hot water for less crunch.)
- Strain water from beans once fully hydrated and from onion and green beans if soaking.
- Combine beans, onion, and celery in a large bowl.
- Add Spicy Jalapeno Shrub to fully coat the salad and toss.
- Finely chop flat-leaf parsley and toss with salad when ready to serve.