



EAT. MOVE. SAVE.



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



**OFFICE OF COMMUNITY ENGAGEMENT AND
NEIGHBORHOOD HEALTH PARTNERSHIPS**

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MEAL KIT.

Three Bean Salad

Recipe adapted from University of Minnesota Extension

Ingredients:

14-ounce can garbanzo beans
14-ounce can kidney beans
14-ounce can cannellini beans
¼ cup onion, chopped
1-2 tablespoons cider vinegar
1-2 tablespoons vegetable or olive oil
Salt and pepper to taste

Directions:

Time needed: 10 minutes of preparation,
2 hours of cook time

1. Open, drain and rinse each can of beans separately then pour into a 2-quart bowl.
2. Add the onions.
3. In a small bowl, whisk together the vinegar and oil, and spices to taste.
4. Stir the oil and vinegar mixture into the beans, making sure to coat all the beans evenly.
5. Cool for 2 hours in the refrigerator to blend flavors.
6. Serve at room temperature.
7. Refrigerate leftovers.

SERVES
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