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by ewfood

Five Bean Salad

Ingredients

5 cans of different beans of your choice. You can use kidney beans, butter beans, green beans, chickpeas, wax beans, lima beans or pinto beans
2.5fl oz. olive oil
4fl oz. vinegar. You can use spirit, white wine, red wine, apple cider or grape vinegar
7oz. sugar
0.5 oz. mustard
Salt and pepper to taste
1 onion, finely chopped
1 green bell pepper, finely chopped

Preparation Time
10
min

Preparation

1. Drain the beans and place in a bowl
2. Heat the oil, vinegar, mustard, sugar, salt and pepper until the sugar is dissolved. It should not boil but should just get warm enough for the sugar to dissolve
3. Pour the vinaigrette over the beans and leave it in the fridge overnight
4. After it has been refrigerated, add the onion and green pepper and mix the salad well

Cooks Note

Preparation time: 10 minutes; Refrigeration time: 12-24 hours.