

Full of Fiber Bean Salad

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I like to make this in the morning as a great dinner salad. The flavors mingle all day in the frig. Very refreshing for a summer salad. Start soaking some beans in the evening. Rinse several times. Cook in the morning. I like black or kidney. While they cook, use your alligator or French fry blade, process a batch of your favorite veggies.

- 1 –2 peppers
- 1 c frozen green beans
- 3 or 4 stalks of celery
- onion and garlic to taste
- 2—3 roma tomatoes
- 1-2 carrots
- 1 cucumber
- some broccoli and / or cauliflower

Add — 1 C frozen corn and / or peas

Add 2—3 C cooked, cooled beans

Pour on Ranch Dressing. Refrigerate several hours. It will keep well for several days. Serve with humus & fresh bread or cornbread. In the winter, serve with a warm soup.