

MIXED BEAN SALAD WITH SUN-DRIED TOMATOES

INGREDIENTS:

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| 1 | 8-ounce jar oil-packed sun-dried tomato halves, drained and chopped coarsely, reserving oil | 1 | 15-ounce can organic black beans, rinsed and drained |
| 1/2 | cup fresh parsley, chopped | 1 | 15.8-ounce can organic black-eyed peas, rinsed and drained |
| 1/2 | cup fresh basil, chopped | 1/2 | red onion, thinly sliced |
| 1 | medium green bell pepper, finely diced | 1/3 | cup red wine vinegar |
| 1 | 15-ounce can organic red kidney beans, rinsed and drained | 1/4 | cup sugar (or less) |
| 1 | 15-ounce can organic white kidney beans, rinsed and drained | 1 | tsp salt |
| | | 1/2 | tsp dry mustard |
| | | 1/4 | tsp freshly ground black pepper |

WHAT TO DO:

This is a delicious high fiber, nutrient-dense salad that is loaded with complex carbs, fiber, and protein. It is a great dish for Bears, Monkeys, and Giraffes to eat on a regular basis, but also makes a wonderful side dish for the Lion/Otter Diet Types as well. Thanks to my friend Marylou for this recipe!

Place 1/4 cup reserved oil in a medium bowl. Return the remaining oil to sun-dried tomato jar; reserve for another use. In a large bowl combine chopped tomatoes, parsley, basil, pepper, all of the beans, and onion. Add vinegar and remaining ingredients to 1/4 cup reserved oil, stirring with a whisk. Drizzle over bean mixture. Toss gently to coat. Cover and chill. ** add more oil/vinegar if needed.