

Classic Three-Bean Salad: A Simple, Tangy, and Delicious Side Dish

1 can (15 oz) green beans, drained and rinsed



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INGREDIENTS

- 1 can (15 oz) green beans, drained and rinsed
- 1 can (15 oz) kidney beans, drained and rinsed
- 1 can (15 oz) garbanzo beans (chickpeas), drained and rinsed
- 1/2 red onion, thinly sliced
- 1/2 red bell pepper, diced
- 1/4 cup apple cider vinegar
- 2 tbsp olive oil
- 2 tbsp sugar
- 1/2 tsp salt
- 1/4 tsp black pepper

Swaps and Notes:

Beans: Feel free to swap in other beans you have on hand, like black beans, pinto beans, or white beans. Just be sure to use canned beans for convenience and to drain and rinse them well.

Vegetables: You can add other veggies to the salad, such as celery, fresh parsley, or corn.

Dressing: The dressing is a simple classic, but you can customize it by adding a little Dijon mustard for a bit of a kick or a pinch of dried herbs like oregano or thyme.

Sugar: The sugar helps balance the tang of the vinegar. You can use honey or maple syrup as a substitute if you prefer.

Instructions:

Prep the Vegetables: In a large mixing bowl,

combine the drained and rinsed green beans, kidney beans, and garbanzo beans. Add the thinly sliced red onion and the diced red bell pepper.

Make the Dressing: In a small bowl or a jar, whisk together the apple cider vinegar, olive oil, sugar, salt, and black pepper until the sugar is dissolved.

Combine: Pour the dressing over the bean and vegetable mixture. Toss everything gently until all the ingredients are evenly coated in the dressing.

Chill: Cover the bowl and refrigerate the salad for at least 1 hour before serving. This allows the flavors to marinate and become more pronounced.

Serve: Give the salad a final stir before serving.

Tips for Success:

Rinse Your Beans: Rinsing canned beans thoroughly not only removes excess sodium but also gets rid of the starchy liquid that can make the salad taste gummy.

Let It Marinate: This salad is good right away, but it's much better after it has had some time to chill in the refrigerator. An hour is the minimum, but letting it sit for a few hours or even overnight will yield the best results.

Slice Your Veggies Thinly: Thinly sliced red onion and diced bell pepper make for a more elegant and enjoyable texture in the salad.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: Approximately 170

Protein: 8g

Fat: 5g

Carbohydrates: 25g

Storage and Leftover Tips:

More Recipes You Will Love:

Final Thoughts:

DIRECTIONS

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9. **Serving Suggestions and Pairings:** This Three-Bean Salad is an incredibly versatile side dish. It pairs beautifully with anything off the grill, from burgers to grilled chicken. It's also a perfect side for a fun and easy meal like my These Sheet Pan Quesadillas are

My Favorite Way to Feed a Crowd Fast or a hearty main course like my This Tomato Skillet with Okra and Sausage is My Favorite Quick Dinner Packed with Southern Flavor. For a refreshing drink, a tall glass of my This Blueberry Lemonade is My Favorite Refreshing Drink for Sunny Days would be a perfect match.

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11. Calories: Approximately 170
12. Protein: 8g
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15. This salad is a great source of fiber and plant-based protein, making it a healthy addition to any meal.
16. Storage and Leftover Tips: This is a great dish for leftovers! Store it in an airtight container in the refrigerator for up to 4 days. The flavors will continue to develop, making it a fantastic grab-and-go lunch.
17. More Recipes You Will Love: If you're a fan of easy and delicious meals that are perfect for sharing, you'll love some of my other recipes. For a fun, interactive dinner, my This Walking Taco Bar is My Favorite No-Fuss Way to Feed a Crowd is always a huge hit. And for another great side that's perfect for a potluck, my Easy Cheesy Chicken Sliders with Marinara Garlic Butter are an absolute crowd-pleaser.
18. Final Thoughts: This Classic Three-Bean Salad is a testament to the fact that some of the best food is also the simplest. It's a refreshing, flavorful, and incredibly easy side dish that will become a staple in your kitchen.
19. I hope you give this recipe a try and that it brings a little bit of sunshine to your next meal. Let me know what you think in the comments below! And don't forget to follow me for more delicious and easy recipes. Happy cooking!

SWAPS & NOTES

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