

Three Bean Salad

Cook the beans in the morning if possible and refrigerate. They will be completely chilled by the time you are putting your salad together. Boil them separately as they need different times and the garbanzos will turn black if cooked with the other beans.

- 1/2 cup garbanzo beans (chick peas)
- 1/2 cup black beans (turtle beans)
- 1/2 cup adzuki beans
- 6 cups of water (2 per each pot of beans)
- 1 yellow bell pepper
- 1 red bell pepper
- 1 small red onion (or half a large one)
- 1 cup Italian parsley chopped fine
- 3/4 cup olive oil
- 6 tablespoons red wine vinegar
- 1 tablespoon Worcestershire sauce
- 2 teaspoons of sea salt
- 1/2 teaspoon black pepper
- 2 cloves garlic minced



Rinse beans thoroughly to remove dust and dirt and put in 3 separate pots covered with 2 cups of water. Bring each pot to a boil and simmer. The adzukis take about 40 minutes, the black beans and garbanzos about an hour or so. Be sure to test and taste them until they are firm but cooked. When they are done drain them and put them together in a bowl and refrigerate while you are preparing the vegetables and dressing. The beans can be cooked ahead and chilled but it's fine to dress them warm and then chill.

Rinse the peppers, cut off the ends, remove the seeds and rind and slice them in half down the long end and then in quarters. Now you can slice them thin crosswise. Finely chop the onion. Rinse the parsley and cut off the ends of a big bunch. Chop fine and measure enough for a cup.

Make the dressing in a small jar by combining the last 6 ingredients and shake well. Now you're ready to assemble the salad. Bring out your beans, add the vegetables first and stir well. Then add your dressing and stir again until the beans and vegetables are thoroughly moistened. You are ready to eat!