



vegan three bean salad

featured product:
baby arugula

this salad is so ridiculously tasty no one will guess how easy it is to make!

toss together this healthy and hearty mix of kidney, black and garbanzo beans with fresh veggies and baby arugula. the spices and dressing base mix together in the same bowl for easy serving and cleanup.



ingredients

- 1 15 oz can kidney beans
- 1 15 oz can black beans
- 1 15 oz can garbanzo beans
- 1 red onion
- 1 bell pepper
- 4 garlic cloves
- ¼ cup chopped cilantro
- ¼ cup avocado oil
- ? cup red wine vinegar
- ½ container **organicgirl baby arugula**
- ½ teaspoon cumin
- ½ teaspoon black pepper
- ½ chili powder
- ¼ teaspoon black pepper
- 1 lime, juiced

directions

1. drain and rinse the kidney beans, black beans, and garbanzo beans in a colander; transfer to a large mixing bowl.
2. finely dice the red onion and bell pepper, and mince the garlic cloves. add them to the bowl with the beans.
3. add the baby arugula to the bean salad and gently toss to combine.
4. chop the cilantro and add it to the bowl.
5. add the spices, red wine vinegar, avocado oil, and the lime juice to the bowl and toss.
6. serve chilled or at room temperature.