

# 4-Bean Salad – Vegan – SOS

Prep Time: 25 minutes  
Total Time: 25 minutes

Serving Size: 6  
Calories per serving: 407  
Fat per serving: 4 grams

*www.straightupfood.com, by Cathy Fisher*

## Ingredients

- Salad ingredients:
- 3 cups cooked green beans (or 2 15-oz. cans, drained and rinsed)
- 1 1/2 cups cooked black beans, rinsed/drained (or 1 15-oz. can)
- 1 1/2 cups cooked kidney beans, rinsed/drained (or 1 15-oz. can)
- 1 1/2 cups cooked garbanzo beans, rinsed/drained (or 1 15-oz. can)
- 1 1/2 cups cooked green peas
- 1 1/2 cups cooked or raw corn kernels
- 1 cup chopped red onion
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- Dressing:
- 1 medium tomato, chopped
- 1/3 cup apple cider vinegar
- 2 tablespoons mustard
- 1 teaspoon minced garlic
- 1 1/2 teaspoons ground cumin
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## Instructions

1. Combine salad ingredients in a bowl.
2. In a blender, blend dressing ingredients. Pour over the bowl of salad ingredients and stir well.
3. Best if chilled at least 1 hour before serving (stir again just before serving).
4. Serve as is or on top of a bed of lettuce or spinach leaves. If desired, garnish with some chopped onion or tomato.

## Notes

Nutrition facts (per serving): Calories: 407, from fat: 0, total fat: 4g, cholesterol: 0mg, sodium: 79mg, total carbohydrate: 78g, fiber: 17g, sugar: 6g, protein: 19g.