

# Kidney Beans Salad – Vegan – SOS

Prep Time: 10 minutes  
Cook Time: 30 minutes  
Total Time: 40 minutes

Serving Size: 6  
Calories per serving: 302  
Fat per serving: 3 grams

## Ingredients

- 2 cups homemade kidney beans no salt, or 15-ounce can no-salt-added, rinsed and dried
- 2 cups brown rice, uncooked
- 2 green onions, sliced
- 1 stalk celery, sliced
- 1 tablespoon parsley, chopped
- 1 small tomato, diced
- 2 tablespoons vegetable broth, Trader Joe's Low Sodium
- 2 tablespoons lemon juice
- 2 tablespoons balsamic vinegar
- 2 teaspoons garlic powder

## Instructions

1. Cook the brown rice according to the package direction and set aside.
2. Meanwhile place cooked beans in a skillet over medium-high heat, with the vegetable broth.
3. Add the green onion, celery, parsley, and tomatoes to the skillet and mix occasionally for a few minutes.
4. Combine the vegetables with the cooked rice, and mix well. Refrigerate for about 2 hours.
5. For the dressing: in a small bowl mix lemon juice, balsamic vinegar, and garlic powder. Pour dressing over the salad when serving.

## Notes

Nutrition facts (per serving): Calories: 302, from fat: 24, total fat: 3g, cholesterol: 0mg, sodium: 14mg, total carbohydrate: 62g, fiber: 6g, sugar: 1g, protein: 7g.