
Salad, Three Bean

Debby Smiley

Servings: 12

Preparation Time: 20 minutes

Rating: 7.5

from Better Homes and Gardens cookbook.

1 pound green beans, 1 can
1 pound wax beans, 1 can
1 pound red kidney beans, 1 can
1 pound garbanzo beans, canned, 1 can
1 pound lima beans, 1 can
1/2 cup green pepper, chopped
1/2 cup sugar
2/3 cup vinegar, cider
1/4 cup salad oil
1 teaspoon salt
1/4 teaspoon pepper

Drain green beans, wax beans, kidney beans, garbanzo and lima beans. Combine. Add green pepper. Combine sugar, vinegar, and salad oil. Pour over vegetables. Add salt and pepper; toss. Chill overnight. Before serving, toss to coat beans; drain.

Serving Ideas: Serves 12

Miscellaneous, Veggies

Per Serving (excluding unknown items): 397 Calories; 6g Fat (12.5% calories from fat); 20g Protein; 70g Carbohydrate; 17g Dietary Fiber; 0mg Cholesterol; 306mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 1 Fat; 1/2 Other Carbohydrates.