



## Bean salad

### Ingredients

- 1 can black beans
- 1 can chickpeas
- 1 can kidney beans
- 1 red pepper, chopped finely
- ½ red onion, chopped finely
- ¼ cup olive oil
- ¼ cup vinegar
- Salt & pepper
- Optional: Fresh or dried herbs such as thyme, basil, mint, parsley, cilantro etc.

### Equipment:

- Can opener
- Colander
- Knife
- Large bowl
- Mixing spoon
- Measuring cup (liquid)

### Directions

1. Drain and rinse all beans in colander.
2. Add beans, chopped onion and pepper into large bowl.
3. Drizzle oil and vinegar over mixture.
4. Sprinkle salt & pepper and mix well.
5. Add herbs if using and mix well.