

Appalachian Bean Salad
From Octavia Graybeal Wiseman
(My Grandma's Recipe)



2 – can Organic Green Beans - drained

1 – can Organic Dark Kidney Beans - drained

1 – can Organic Garbanzo Beans - drained

1 Medium Vidalia Onion - Chopped

1 Large or 3 Pickling Cucumbers – Peeled and Chopped

(If there are a lot of seeds, you may want to remove them, or the salad will be too watery.)

1 Large Tomato – Diced and drained

½ Cup Apple Cider Vinegar with the mother or any you prefer

½ Cup Vegetable Oil

2 – 3 Tsp. Kosher Salt

½ - 1 Tsp. Ground Black Pepper

3 Tbsp. Organic Granulated Sugar

Drain beans in Colander, reserving the unrinsed kidney bean can.

Chop the onion coarsely.

Peel the cucumbers and cut into quarters. Remove any large seeds and slice into to quarter inch chunks.

Dice the tomato and drain off any excess seeds and juice.

Add the beans, onions, and cucumbers to a mixing bowl.

Pour the vinegar and sugar into the kidney bean can and stir vigorously to loosen the thick bits at the bottom and dissolve the sugar.

Pour over the mixture in the bowl.

Add the oil and pepper and stir well.

Slowly stir in the salt a little at a time until you are satisfied with the flavor.

Gently fold in the tomatoes.

Chill the bean salad in a bowl with a tight-fitting lid for at least 2 hours before serving.

For the best results chill overnight.

To make it Italian – Swap Red Wine Vinegar for the other and add 1 tsp. of garlic powder and a tablespoon of Italian Seasoning herbs.