

Kicked Up 3 Bean Salad

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 5 minutes

Resting Time: 10 - 24 hours

Serves: 8

CChints: Beans are a good source of protein, calcium, fiber and iron. Your knife will go through the pepper easier if you dice from the flesh side up. If you don't have another use for the bell pepper halves, dice and put in your freezer for a few months.



- 1 cup fresh or frozen corn, thawed
- 1 can green beans, rinsed and drained
- 1 can kidney beans, rinsed and drained
- 1 can butter beans, rinsed and drained
- 1/2 of a green bell pepper, diced
- 1/2 of a red bell pepper, diced
- 1/2 of a large red onion, diced
- 1 cup celery, diced
- 4 ounce jar diced pimentos, drained
- 1/4 cup olive oil
- 3/4 cup apple cider vinegar
- 1/2 cup sugar or Splenda®
- 1 can tomato soup
- 1 teaspoon salt and dash of pepper

If the corn is frozen, measure 1 cup in a glass measuring cup and microwave for 1 minute and pour it into a large mixing bowl. Open, rinse and drain each can of beans. Add them to the bowl along with the peppers through pimentos. Fold in the olive oil.

In a small sauce pan, add the vinegar, through pepper and blend well. Bring to a boil, stirring occasionally until the sugar is dissolved. Once it comes to a boil, pour it over the bean salad and give it a gentle stir.

Pour into a sealable container and refrigerate overnight. The longer it sits, the better it will be. Serve with a slotted spoon to keep the liquids off your plates.

Leftovers will keep for several days in a covered container in the refrigerator.