

Easy Bean Medley And Raw Veg Lunch

Kidney and edamame bean salad with fresh chopped veggies and herbs in a vinegarett dressing. Easy to make and full of fibre.

Categories

Gluten-free

Yields: 1 serving

Preparation time: 15 mins

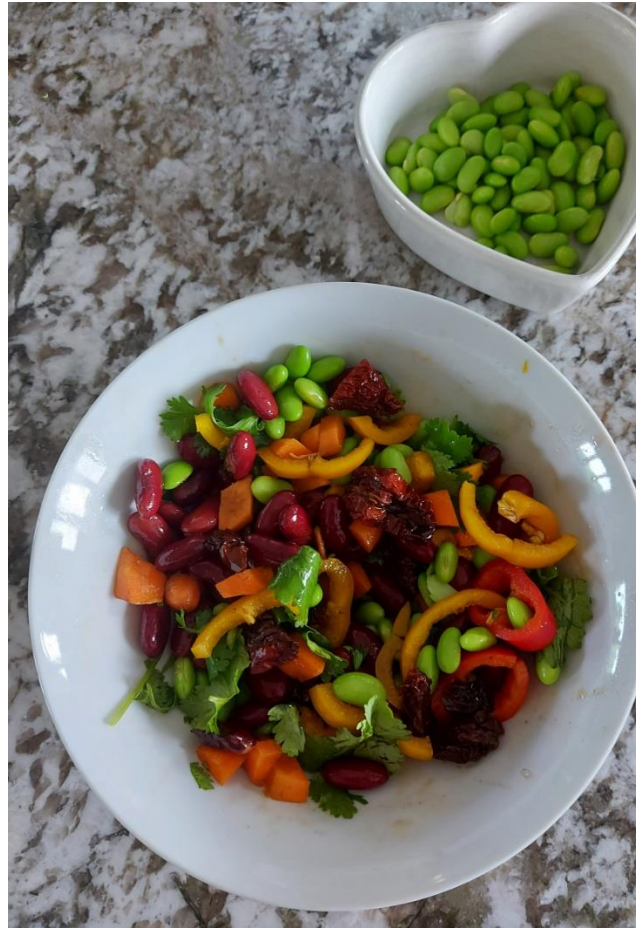
Cooking time: 40 mins

Category: Salads and dressings

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Partly raw



Ingredients

Kidney beans, cooked from dried	0.3 cup
Edamame, green or immature, cooked from frozen	0.5 cup
Onion, white, yellow or red, raw	25 cups
Coriander (cilantro, leaves, raw)	0.25 cup
Yellow bell peppers, raw	0.5 small
Orange pepper	0.5 x 1 pepper
Carrots, raw	1 medium - 6" to 7" long
Sundried tomatoes	2 x 2 pieces
Olive oil	1 tablespoon
Balsamic vinegar	1 tablespoon
Maple syrup	1 teaspoon
Salt, sea salt	1 teaspoon

Instructions

1. Soak kidney beans overnight in warm water. The recipe requires 1/3 cup per serving but you can soak and cook more and keep in fridge.
 2. Cook the kidney beans in water, in a pot on the stove till tender, approx. 35 to 40 minutes. Add a tsp of salt, stir and drain.
 3. Cook the half cup of Frozen edamame beans as per bag instructions.
Cool the beans for 5 min.
 4. In a bowl, combine the cooked kidney beans, edamame beans, olive oil, balsamic vinegar, maple syrup, and chopped up fresh cilantro.
 5. Chop up all the other vegetables and into the bean bowl. Add a dash of salt only if you desire.
 6. Chop up 4 sundried tomatoes. If they are in oil, they are easier to cut. If you have bought them dry, then they need to be soaked in warm water for 15 minutes first before you cut them and add them to the salad.
- This can be an option to enjoy as a main dish for lunch.