



Vegan Four Bean Salad

PREP: 5 min.

INGREDIENT LIST:

Salad:

- 1/2 cup black beans, drained & rinsed
- 1/2 cup kidney beans, drained & rinsed
- 1/2 cup pinto beans, drained & rinsed
- 1/2 cup garbanzo beans, drained & rinsed
- 2 cups mini-mixed tomatoes, sliced in half
- 2 green onions, chopped
- 1 avocado, chopped

Dressing:

- 3 Tbsp. avocado or olive oil
- 3 Tbsp. lime juice
- 1/4 cup cilantro
- 1/2 tsp. cumin
- 1/2 tsp. sea salt

RECIPE INSTRUCTIONS:

1. In a large bowl, add the beans, tomatoes, green onions, and avocado.
2. Blend dressing ingredients until smooth.
3. Toss dressing ingredients with salad.

