

Betty's Lean, Mean Three Bean Salad Recipe



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In this video, Betty demonstrates how to make an old standby, Three Bean Salad. It is healthy and delicious and certainly quick and easy to make!

Ingredients:

1/2 cup white vinegar

1/2 cup sugar

1/2 cup vegetable oil

1/2 cup chopped onion

1/4 cup chopped green bell pepper

1/4 cup chopped red bell pepper--Note: You may substitute 1/2 cup chopped green or 1/2 cup chopped red pepper for the two individual 1/4 -cup measures of the two different kinds.

14.5 oz. can cut green beans, drained

14.5 oz. can cut wax beans, drained

14.5 oz. can dark red kidney beans (repeated drained and rinsed with water)

in a large mixing bowl, combine 1/2 cup vinegar, 1/2 cup sugar, 1/2 cup oil, 1/2 cup chopped onion, 1/4 cup chopped green pepper, and 1/4 cup chopped red pepper. Mix well. Drain all 3 cans of beans and add them to the dressing. Stir gently, until all flavors are intermingled. Cover with plastic wrap and marinate in the refrigerator for at least 4 hours or overnight. Pour from mixing bowl into a serving bowl. Serve cold. If you put this in a pretty, clear serving bowl, it will look dramatic and tasty! And, remember, it is **very** healthy and slimming!!!