

Italian Bean Salad

2 cups of mixed dried beans (borlotti, cannellini, kidney beans, butter beans), soaked overnight or for at least 6 hours

2 large tomatoes, chopped

1 red chili, diced

1/3 cup fresh parsley, chopped

1 onion, chopped

2 celery stalks, diced

2 garlic cloves, minced

¼ cup of extra virgin olive oil

2 tbsp lemon juice

sea salt to taste

- Drain the beans, place them in a pot of water and bring it to a boil. Boil on high for 10min then reduce the heat and simmer for 40min or until the beans are soft. Set aside to cool down.
- Mix the rest of the ingredients and stir in the cooked beans. Put the salad in the fridge to develop more taste as the beans soak in the dressing.

