

Super Easy White Bean Salad by My Whole Food Life

Ingredients

- 2.5 cups white beans
- 1-2 bell peppers chopped (any color is fine)
- 2 cups cherry tomatoes
- 4 green onions
- 1 cucumber
- 1/4 cup fresh flat leaf parsley
- Juice of 1 small lemon
- 1/4 cup white vinegar
- 1 tablespoon cumin
- 1-2 tablespoons olive oil
- salt to taste

Instructions

1. If you use dried white beans, like we do, soak overnight first. Rinse, drain, and boil to soften.
2. Rough chop the bell peppers.
3. Slice the cherry tomatoes.
4. Chop the green onions.
5. Peel, de-seed, and chop the cucumber.
6. Chop the parsley.
7. Add everything to a mixing bowl and stir.