



I normally do not use canned food but I will make some exceptions as in the case of some beans. I find that going through the whole soaking over night process is not always necessary. This salad uses canned garbanzo(chick peas) and red kidney beans. It is very easy and quick to make and it is very tasty. The dressing I use for it is a Soy Ginger Vinaigrette and although you can probably dress it with other kinds of dressings I find that this kind works the best!

Here is what you are going to need for this super healthy salas:

- 1- 15 oz. can garbanzo beans
- 1- 15 oz.can red kidney beans
- 1/2 small red onion, finely sliced
- 1 small red bell pepper, sliced
- 2 celery stalks, finely chopped
- 1 medium carrot, finely chopped
- Soy ginger vinaigrette dressing

Drain and rinse both kinds of beans. Place them in a bowl and mix with all the other ingredients. Pour soy ginger vinaigrette on mixed salad and toss to coat well. Serve and enjoy!

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