

MAIA ORGANIC 3 BEAN SALAD

Recipe - SUSAN POLLACK, ITALFOODS



INGREDIENTS

MAIA ORGANIC BLACK EYED PEAS,
BLACK CECI BEANS, BORLOTTI BEANS
AROMATICS: BAY LEAF, ONION, GARLIC,
CARROT, CELERY
FRUITY EXTRA VIRGIN OLIVE OIL
CARROTS
CELERY (WITH TOPS)
DRIED OREGANO
PARSLEY
MATIZ PIPPARA PEPPERS – A LITTLE VINEGAR FROM THE JAR
TARRAGON VINEGAR
WHOLE GRAIN MUSTARD
TUTTO CALABRIA HOT SPREAD SAUCE (TO TASTE)
SALT



DIRECTIONS

- SOAK BEANS INDIVIDUALLY OVERNIGHT IN COLD WATER
- DRAIN BEANS WELL, RINSE & COOK IN SEPARATE POTS OF COLD WATER TO COVER (NO SALT) – ADD BAY LEAF, ONION CUT IN HALF, GARLIC, ROUGHLY CHOPPED CARROTS/CELERY
- WHEN TENDER (ABOUT 40 MINUTES) DRAIN (REMOVE AROMATICS) – MIX WITH EVOO & SALT. LET COOL. MIX BEANS TOGETHER.
- DICE CARROTS, CELERY, PIPPARA PEPPERS – ADD TO BEANS – ADD A SPLASH OF VINEGAR FROM PEPPERS
- ADD DRIED OREGANO TO BEANS
- ROUGHLY CHOP PARSLEY – ADD TO BEANS
- COMBINE EVOO, TARRAGON VINEGAR, WHOLE GRAIN MUSTARD, TUTTO CALABRIA HOT SPREAD SAUCE TOGETHER – ADD TO BEANS – MIX WELL
- MARINADE FOR AT LEAST 3 HOURS – TOSsing TO BLEND INGREDIENTS.
- CHECK FOR SALT, ACID, OIL AND SPICE BEFORE SERVING