

Red Kidney Bean Salad

Ingredients:

2 cups red kidney beans, uncooked
8 cups water
1 ¼ inch piece of Kombu seaweed
2 cups fresh Italian flat parsley, chopped
4 stalks celery, chopped small
3 scallions, chopped, white and green parts

Dressing:

3 Tablespoons olive oil
3 Tablespoons of Tamari (wheat-free soy sauce, Organic)
3 Tablespoons Brown rice vinegar
1 ½ Tablespoons Dijon mustard

Procedure:

1. Rinse and sort beans, Boil water, add beans and kombu , keep on a slow boil 45 mins. Check to see if soft, if not boil 15 mins. more, be careful not to overcook and make too soft. Stir a few times while cooking. Drain and Cool beans well, take out kombu
2. prepare dressing, whisk all in a small bowl
3. mix beans with dressing , adjust mustard if you like
4. add parsley and scallions

Cooks Notes:

Makes 8-10 servings

Fresh beans are best, if using canned buy only Organic

Kombu Seaweed can be found in any Health food store or Markets: Fairway or Wild By Nature., This Seaweed takes the gas out of the beans as well as toxins in the body. It adds minerals to the soup. It tastes rather sweet, so you can chop it in for the salad or just eat it plain.

Red Kidney beans nourish the heart center.

Recipe by : The Natural Gourmet Cookery School For Food And Healing