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**- Tree of Life Nutrition**

**Three Bean Salad**



**Ingredients**

- 1x can of great northern beans
- 1x can of kidney beans
- 1x can of garbanzo beans
- 1x 225 gm jar of marinated artichoke hearts, drained
- 1/3 cup chopped red onion
- 3/4 cup chopped cucumber
- 3/4 cup chopped cherry tomatoes
- Juice of 1 lemon
- 2 tbsp red wine vinegar
- 1/4 cup of extra virgin olive oil
- 2 cloves crushed garlic
- 1 cup chopped fresh basil
- Salt to taste

## Method

1. Empty the beans into a large colander. Rinse the beans thoroughly and place in a large bowl.
2. Chop the artichokes in half (or leave as is) and add to the beans.  
Add remaining vegetables: onion, cucumber, and tomatoes.
3. In a small bowl, whisk together lemon juice, vinegar, garlic cloves, and oil (or use a small container with a lid and shake). Pour over bean salad and toss to combine everything together.
4. Add fresh basil, and salt. Continue to toss until salad is completely combined. Serve chilled or at room temperature.
5. Salad can be refrigerated for up to 3 days.