

Italian Bean Salad

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Summertime salads... there are so many variations. I really like this one, because I love kidney beans and I think that the chicken broth brings something really interesting to the party. This is great on the day you make it, and even better a day later.

Ingredients:

- 2 cans of kidney beans (1 red + 1 white)
- 1 thinly sliced red onion
- 1 can of artichoke hearts, drained and sliced
- 1/3 cup pitted black olives, sliced (or not)

1 tsp dry oregano
1/2 tsp cornstarch
1/4 cup chicken stock
4 tbsp red wine vinegar
2 tbsp olive oil
salt and pepper to taste

Method:

In a large bowl mix the first 5 ingredients.

In a small saucepan mix the chicken stock and corn starch. Whisk over low heat until it starts to thicken and then cook 1-2 minutes more.

Whisk vinegar and oil into chicken stock, and then pour over bean mixture.

Toss to coat, then season to taste with salt and pepper.

Serve at room temp.