

Chilled Beans with Cumin (Vegan)

- 2 15-ounce cans beans (Great Northern, Kidney, or Garbanzo)
- 1 carrot, minced (chopped finely)
- 1 rib (whole piece) of celery, minced
- 1 teaspoon soy sauce
- 1 level teaspoon cumin
- ¼ cup fresh shredded basil or parsley
- 1 Tbsp. olive oil

1. Drain beans, rinse under cold water, and let drain again.
2. Place beans in a bowl and season with the minced herbs, spices, and soy sauce, drizzle with a little olive oil, cover, and lightly chill for at least an hour before serving.

Makes 4 servings with:

180 calories, 26 grams carbohydrate, 10 grams protein, 4 grams fat, and 10 grams of fiber