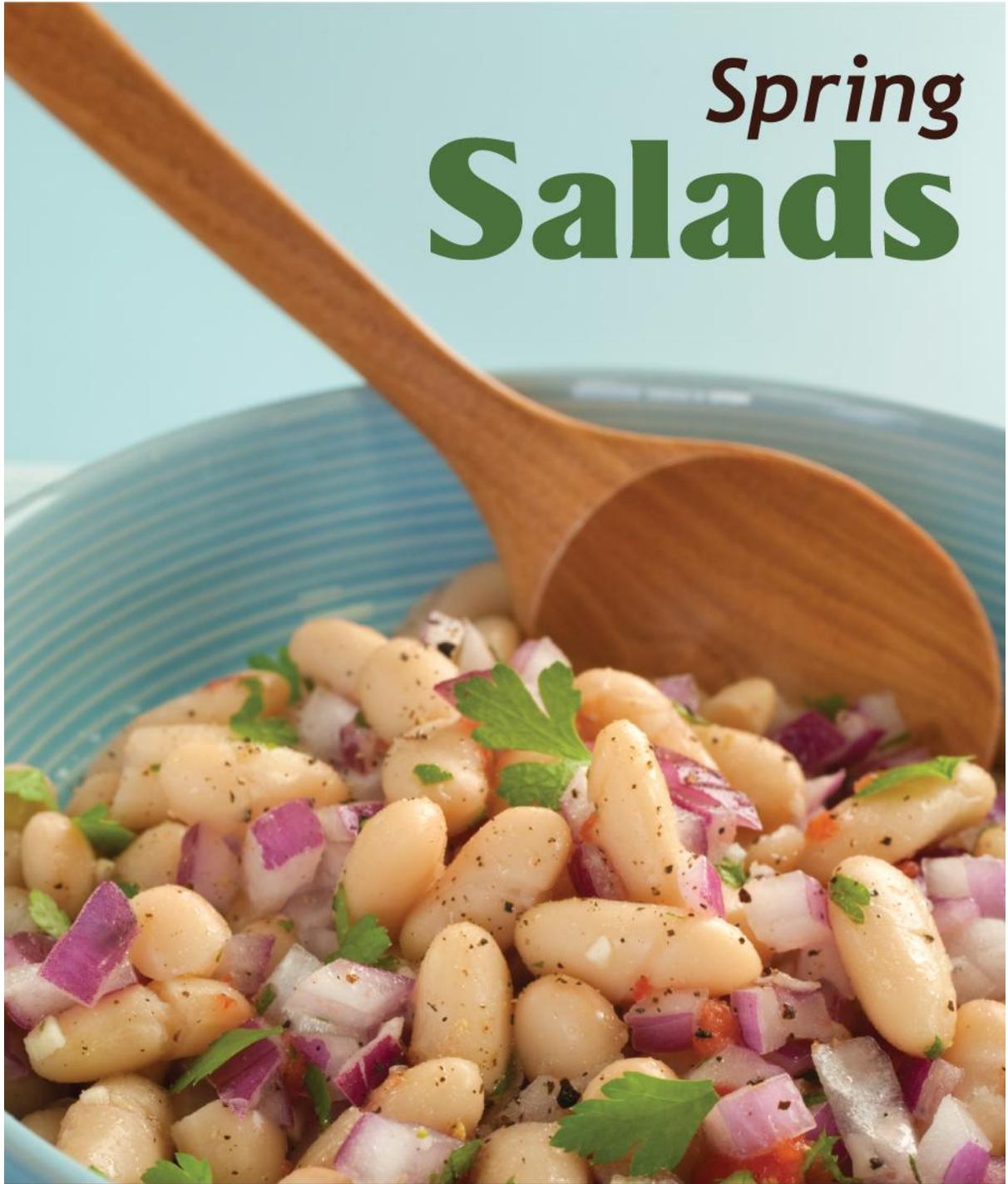


Spring **Salads**



Randall.
THE BEST COOKS BEGIN WITH THE BEST BEANS

Spring Salads for Every Occasion

Looking for a dish to share or to complete your spring time meal? Our collection of bean salads are fit for a crowd and make a tasty edition to any meal.

Do you have a favorite you think we should add to our collection? Share your recipe [here](#).

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Spring Bean Salad

Ingredients:

- 2 cups eggplant, diced
- 3/4 cups Vidallia or sweet onion, minced
- 1 cup zucchini, diced
- 1 cup plum tomatoes, seeded and diced
- 1 tbs herbs de Provence
- 4 tbs water
- 2 tsp. tarragon wine vinegar
- 6 cloves garlic, smashed
- 1/2 cup olives, fruity green olive or Nicoise minced
- 1 1/2 tsp. mustard , coarse ground
- 24 oz jar Randall Great Northern Beans, drained
- 1 tbs fresh thyme, leaves only
- fresh ground pepper, to taste
- 2 tbs olive oil

Instructions:

Combine olives, tomatoes, mustard, onions, beans, zucchini and vinegar in a large mixing bowl. Heat the olive oil in a skillet until shimmering. Add the smashed garlic cloves and cook until golden on each side then remove, reserving oil for eggplant. Mince browned garlic and add to ingredients in the mixing bowl. Add eggplant cubes and herbs de Provence to the skillet with oil. Brown the eggplant cubes until they start to stick. Add water and cook until the eggplant is opaque, about 2 minutes. Toss the warm eggplant with the remaining ingredients and chill until ready to serve.

Greek White Bean Salad

Ingredients:

- 48 oz. Randall Great Northern Beans, drained
- 2 tbsp. lemon juice
- 2 tbsp. tahini
- 2 tbsp. olive oil
- 2 tbsp. Greek yogurt
- 1 cup fresh dill, chopped
- 2 tsp. garlic, minced
- 1/2 cup feta cheese, crumbled
- 1/2 cup Kalamata olive, chopped
- 1 medium roasted red pepper, diced

Instructions:

Mix lemon juice, tahini, olive oil, greek yogurt and garlic in small bowl. In a large bowl, add the remaining ingredients. Add dressing to the beans and toss.

Pinto Bean and Tuna Salad

Ingredients:

- 1 cup Randall Pinto Beans, lightly drained
- 2 cans chunk light tuna, drained and flaked
- 2 stalks celery, minced
- 1/2 carrot, shredded
- 3/4 cup kale, finely chopped
- 3 scallions, finely chopped
- 1 tablespoon fresh thyme leaves, removed from stems
- 1/4 teaspoon dried marjoram
- 1/4 teaspoon dried oregano
- 1 tablespoon lemon juice
- 1/4 cup olive oil
- 4 cups greens, divided
- salt and pepper to taste

Instructions:

Combine the pinto beans, tuna, celery, carrot, kale, and scallions in a bowl. In a separate small bowl, combine the thyme, marjoram, oregano and lemon juice. Slowly whisk in the olive oil to create a dressing. Season with salt and pepper to taste. Gently fold in the dressing to the pinto bean and tuna mixture. Serve over power greens.

Mixed Bean and Corn Farmer's Market Salad

Ingredients:

- 1 24 oz. jar Randall Mixed Beans, drained and rinsed
- Fresh tomatoes, seeded and chopped
- Sweet corn, cooked and cut off the cob
- Fresh basil
- Dressing--use bottled Italian dressing or your favorite vinaigrette. We like a light olive oil and citrus juice combination
- Fresh garlic, minced
- Salt and pepper, to taste

Instructions:

Mix everything together in a bowl and serve alongside your favorite summer dish.

Easy Bean Taco Salad

Ingredients:

- 1 tablespoon vegetable or olive oil
- 1 pound lean ground beef
- 1 tablespoon chili powder
- 1/2 teaspoon cumin
- Salt and cayenne pepper, to taste
- 1/4 cup taco sauce (any favorite commercial brand)
- 2 cups Randall Pinto Beans, drained and rinsed
- 1 medium head iceberg lettuce, cut into quarters and shredded
- 1 cup thinly sliced green onions
- 1 1/2 cups (6 ounces) shredded mild cheddar cheese
- 1 cup halved cherry tomatoes
- 3 cups small corn chips
- Extra taco sauce
- Sour cream

Instructions:

Heat the oil in a heavy skillet. Crumble in the ground beef and cook, stirring, until all of the red is gone. Season with the chili powder and cumin. Stir in the taco sauce and stir until hot and bubbly. Add the beans and cook just until beans are heated through. Add salt and cayenne to taste. (A very small dash of cayenne unless you want it to be very spicy.)

Note: This mixture may be cooked ahead and reheated in the microwave just before assembling the salad.

To assemble the salad:

Toss together the shredded lettuce, onions and cheese and tomatoes in a large bowl. Just before serving toss in the warm beef and bean mixture; then the corn chips.

Pass the extra taco sauce and sour cream to spoon over the salad after it is served.

Pinto Bean, Roasted Red Pepper and Steak Salad

Salad Ingredients:

- Baby spinach
- Arugula
- 1 1/2 cups Randall Bean Pinto Beans, drained
- Steak, sliced
- 1/2 cup oil cured black olives, chopped
- 1 red pepper, roasted and sliced
- 3 scallions, sliced
- 2/3 cup rice, cooked, room temperature

Dressing Ingredients:

- 2 tbsp. ketchup
- 1/2 lime, juiced
- 1 tbsp. red wine vinegar
- 2 tsp. Dijon mustard
- 1/2 cup Vidalia onion, minced
- 2 cloves garlic, minced
- 1/2 cup oil (canola, grape seed or vegetable)
- 1 tsp. black pepper, freshly ground
- 1/8 tsp. kosher salt

Instructions:

To make the dressing, combine all the ingredients in a bowl except for the oil. Slowly drizzle the oil into the mixture while constantly whisking.

In a large salad bowl assemble all the salad ingredients and gently toss with desired amount of salad dressing.

Old Fashioned Three Bean Salad

Ingredients:

- 1 48-ounce jar Randall Pinto Beans, drained and rinsed
- 1 1 pound can green beans, drained and rinsed
- 1 1 pound can wax beans, drained and rinsed
- 1 medium green bell pepper, sliced into thin strips
- 1 medium red bell pepper, sliced into thin strips
- 1 large sweet salad onion, halved and thinly sliced
- 2 tablespoons chopped fresh parsley

Dressing:

- 1/2 cup cider vinegar
- 1/2 cup sugar
- 1/2 cup vegetable oil
- 1 1/2 teaspoons salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon celery seed

Instructions:

Gently toss together all of the beans. Toss in the peppers, onion and parsley. In a small non-reactive pot, heat together the vinegar and sugar, stirring, until sugar is completely dissolved. Allow to cool completely.

In a small bowl whisk all of the dressing ingredients together. Pour the dressing over the bean mixture, gently tossing to mix well. Cover and refrigerate overnight. Toss before serving.

Mixed Bean Salad

Ingredients:

- 1 24-ounce jar Randall Mixed Beans, drained and rinsed
- 1/4 cup sliced Spanish or Bermuda onion
- 4 tablespoons wine or cider vinegar
- 4 tablespoons oil
- 2 teaspoons honey
- Pepper

Instructions:

Mix the Randall Beans and onion in serving bowl. Prepare dressing by beating vinegar, oil, honey, and seasonings together until honey "melts." Pour dressing over beans. Let marinate at room temperature for 30 minutes to 2 hours, or longer in the refrigerator.