



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Marinated Mixed Beans with Beets & Citrus

Marrying flavors of tart citrus with mixed beets, this colorful salad also features potassium-rich navy beans.

Recipe by USA Pulses/ Local Haven



INGREDIENTS

- A mix of 8 golden and red small beets
- ½ cup white wine vinegar
- 3 tbsp white wine vinegar
- 2 ruby red grapefruit
- salt and pepper, to taste
- 1 finely chopped shallot
- ½ cup fresh herbs: mint, parsley, dill and chives
- ½ cup olive oil
- 2 tbsp olive oil
- 2 cups mixed beans, cannellini, butter, navy, black-eyed peas, chickpea, etc.; dry or canned
- 1 tsp sumac

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INSTRUCTIONS

TO COOK DRY BEANS

1. Skip if using pre-cooked (canned beans)
2. Put your beans in a pot and cover them in a few inches of water. Place the pot in the fridge overnight.
3. Next day, drain them and thoroughly wipe out the pot. Place the soaked beans back into the pot and cover them with a few inches of water. Bring to a simmer and add a small pinch of kosher salt.
4. From here you can add onions, shallots, garlic, rosemary, sage, bay leaves, thyme. Anything really!
5. Simmer for about 2 hours, salting in the meantime, tasting the broth and adjusting.
6. Once the beans are tender, turn off the heat. Taste and continue to add more flavor where you want it.
7. Strain the beans from the liquid and allow to cool (for this recipe!), but remember to save the liquid (can even freeze it) for future soups.

SALAD

1. Preheat oven to 375 degrees. Rub washed beets with olive oil and salt, then wrap in aluminum foil and place on a baking sheet.
2. Roast for about 45-60 minutes until tender. Unwrap the beets allowing them to cool. Then rub off the skins (this can be done with a paper towel to prevent some beet juice on hands). Cut beets into wedges and place in a medium bowl.
3. Cut the skin and pith from the grapefruits, then cut in between membranes to release sections. Place grapefruit sections into a bowl with the beet wedges. Toss with 1/3 cup white wine vinegar, salt and pepper and set aside.
4. In a small bowl combine finely chopped shallot with 3 tablespoons of white wine vinegar, set aside.
5. Mix together herbs and 1/3 cup olive oil. Add the cooked beans and toss together. Add the shallot mixture and the beets with grapefruit. Toss together and season with sumac, salt and pepper.