

Heritage Recipes

You can share old family recipes and traditions

Gramma's 4 Bean Salad

From Shawn

This recipe for 4 bean salad was handed down from my grandmother to my mother to me and my sister's. I can always remember asking my gramma to make this salad and her wonderful southern fried chicken. She was a wonderful cook with southern traditions which were passed down from generation to generation. Both my mother and grandmother have passed away recently and my comfort when I'm missing them terribly, is to make their wonderful recipes they passed on to me. Hope you enjoy!

Gramma's 4 Bean Salad

1 can yellow waxed beans
1 can garbanzo beans
1 can green beans
1 can kidney beans
1 red onion, sliced

Dressing

1/2 C salad oil (vegetable)
1/2 C red wine vinegar
1/2 C sugar
1/2 TSP dried sweet basil
1/2 TSP tarragon
2 TBS parsley
Mix all dressing ingredients and blend well.

Pour dressing over beans and onion in large bowl. Marinate overnight. This salad gets better and better as you let it marinate!

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