

# Summer Bean and Potato Salad with Dressing

**Serves:** 6 | **Prep Time:** 30 Min | **Cook Time:** 45 Min | **Difficulty:** Easy



## INGREDIENTS

- 2 large red-skinned potatoes, or new potatoes.
- 200 grams of dried beans (Borlotti, Ceci or Black)
- 1 large red onion
- 1/2 cups of Extra-Virgin Olive Oil
- 1/3 cup of Apple Vinegar
- 1 tablespoon of Dijon mustard
- 1 teaspoon of dried Oregano
- Salt and Freshly ground black pepper, to taste

## NOTES

The waxier potatoes the better!

## DIRECTIONS

1. The night before, measure out 200g of the dried beans and put them in a large bowl, covered well with water, to soak overnight.
2. After at least 12 hours, drain the beans, rinse them off and put them in a pan well covered with salted water (2T of salt), and bring to a boil. Set a timer for 30 minutes once the beans are boiling, reduce the heat to a slower boil and skim the starchy foam collecting on the top of the water while boiling.
3. Scrub the potatoes really well, but keep them whole and unpeeled. Put the potatoes in a large saucepan and cover with water. Add 1-2 Tablespoons of salt. Bring it to a boil, then when boiling, reduce the heat and cook for about 30 minutes, or until potatoes are fork-tender. Drain and let them cool completely.
4. The beans take a little more time to cook, so once the potatoes are done, check the beans every 5 or 10 minutes until they are cooked. It usually takes a total of 40-45 minutes for the beans, depending on the type you chose to use.
5. After the potatoes have cooled off enough to handle, peel them completely and dice evenly.
6. Small dice the red onion.
7. Add the onions, beans and potatoes to a large bowl, mix it all up and season to taste with salt and pepper.
8. For the dressing, combine the olive oil, vinegar, mustard and oregano in a jar with a tight lid and shake to emulsify the dressing.
9. Add the dressing to the bean, potato and onion mixture and mix well. Check the seasoning and add more salt and pepper if needed.
10. Store the salad in the refrigerator and serve when cold.