

Recipe for: Peregrine Beans

To prepare: Soak the beans in a vegetable stock overnight.

Ingredients

8oz dried Peregrine Beans
3oz Celery stalk (small dice)
3oz Carrots (shredded)
1oz Parsley (chopped)

Directions

Cook the beans until just fork tender.
While the beans are cooking clean your produce and prep.
Add all ingredients in a mixing bowl and blend well.
Drain the “al dente” beans and mix carefully in bowl with other ingredients.
Cool. Serve and enjoy.