

**Wild Rice and Bean Salad**

I got rid of all the fat and kept all the flavour. This recipe is great served cold for hot summer days. I also use it as a hot side dish or better yet used to stuff peppers and portobello mushrooms for a quick meal.

**Ingredients:**

* 1 cup mixed wild blend rice
* 1 cup veggie broth
* ¾ cup filtered water
* 1 onion, finely chopped
* 2-3 stalks of celery, chopped
* 1 Tbs. curry powder
* 2 tsp. paprika

**Then…**

* ½ can chickpeas, rinsed
* ½ can black beans, rinsed
* 3-4 green onions, chopped
* 2-3 Tbs. Braggs Liquid Soy Seasoning (or Low Sodium Tamari)

**Method:**

1. Add rice, veggie broth, water, onion, celery, curry powder and paprika to a medium-sized pot. Bring to a boil, reduce heat and cover. Cook for 45 minutes (or check the cooking time on the rice you are using). Let cool.
2. In a big bowl, add rice mixture, chickpeas, black beans, green onions and Braggs Soy Seasoning. Mix to combine and serve or store in fridge.