

Frankenmuth Bavarian Inn Navy Bean Salad (FBI Salad)

from Nancy McQuate

1 pound Michigan small navy beans 6 cups water
6 cups water
1-1/4 cups celery, diced
1/2 cup onions, chopped
1/2 cup green pepper, chopped

1/2 cup Italian dressing (or any oil and vinegar dressing) ***see plant based oil-free options below.
(I have made the salad oil-free by using almond milk as a substitute for the Italian dressing which gives it a creamier texture. Have also made the oil-free creamy Italian Dressing below.

1/2 cup vinegar
1/2 cup sugar
1 teaspoon dry mustard
1/2 teaspoon garlic salt
1/4 teaspoon paprika
3/4 teaspoon Bavarian Inn All-Purpose Seasoning or other all purpose seasoning
1/2 teaspoon salt
1/4 cup diced pimentos, drained

Soak beans in 6 cups of water **overnight in refrigerator**. Drain and rinse beans. Combine with 6 cups water; simmer on top of stove until tender (about 1 to 1-1/2 hours) stirring occasionally and skim foam off.

***Cook beans UNCOVERED. Will stay firm and not smush for salads. I tried this and they were a little hard. I will cover next time.

Drain, cool, and then add remaining ingredients. Chill for about 4 hours in refrigerator before serving. Makes 10-12 portions.

Below are plant based/oil free option for my Vegan Oil Free Potlucks

Oil-Free Creamy Italian Dressing

Serves: 3/4 cup

Ingredients

- 3/4 cup cooked white beans, drained and rinsed (if using canned)
- 1/4 cup water (or more)
- 2 tablespoons fresh lemon juice
- 1 garlic clove, chopped
- 1 1/2 tablespoons shallots, chopped
- 1/2 teaspoon dried oregano
- 1 tablespoon maple syrup
- 1/4 teaspoon salt (or more to taste)
- 1 tablespoon fresh parsley, chopped (or more to taste)

- Fresh ground black pepper

Instructions

1. Place all the ingredients in a blender or food processor. Process until smooth. Taste and adjust seasonings adding a little more parsley or water if needed.



* Other Oil substitutes:

- Avocado
- 1 can drained artichoke hearts, packed in WATER!
- 1 T ground flax seeds mixed with 1/3 C water - ***works great!
- 1 ½ tsp arrowroot mixed with 1 cup cold water, whisked, then gently heated in a pan until just boiled.
- Unsweetened almond milk (or other plant based milk), if you want a creamy-ish replacement
***worked!
- Dried Mustard or Paprika