

Red Beans with Herb Dressing

1 cup dried red kidney beans, OR 2 cups canned red kidney beans
2 1/2 tsp. Salt
2 Tbls. White wine vinegar
4 Tbls. Finely chopped onion
1/2 cup finely chopped parsley
1/2 cup finely chopped cilantro
Freshly ground black pepper
4 Tbls. Vegetable oil

If you are using the dried kidney beans, bring 8 cups of water and 2 teaspoons of the salt to a boil in a heavy 3- to 5- quart saucepan. Drop in the kidney beans and boil 2 minutes, then remove the pan from the heat and let the beans soak uncovered for one hour, or until they are tender but still intact. Drain in a colander and pat dry with paper towels. If using canned beans, simply drain and rinse the kidney beans under cold water, and pat dry.

In a large bowl combine the vinegar, chopped onions, parsley, cilantro, remaining salt, a generous grinding of black pepper and the oil. Mix thoroughly. Add the kidney beans, toss together gently but thoroughly with a fork and taste for seasoning. The beans may be served at once, but the flavor will be improved if they rest at room temperature for about 1 hour, stirring them from time to time.