

## **Chick Pea or Black Bean Chop Salad with Avocado and Sundried Tomato**

**Note:** As written, this is a bulk recipe (it makes a huge serving) since the idea is to make a big bowl of food like this, and then make 3 or 4 meals from it over the course of the next week.

### **Ingredients:**

- 2 cups cooked organic black beans or Chick Peas (Garbanzo Beans)
- 1/2 red onion chopped fine
- 1 tomato chopped fine
- 1 stick of celery chopped fine
- 1 large red bell pepper, chopped fine
- 1 large yellow bell pepper, chopped fine
- 1-2 whole avocados, chopped fine
- 4-6oz sundried tomatoes, chopped fine
- 3 tablespoons lemon juice
- 3 tablespoons olive oil
- ½ teaspoon crushed red pepper
- 1/2 teaspoon sea salt

### **To Prepare:**

1. Simply mix everything together and serve