

# Navy Bean Pasta Salad

## Ingredients

- 1 cup dry navy beans
- 2 cups elbow macaroni
- 1 can peas, drained
- ½ cup canned spinach, drained
- 1 (4.5oz) can chunk white chicken, drained

Dressing: 4 tbsp Italian dressing (add more if needed)

Or, make your own! Using 2 tbsp olive oil, 2 tbsp vinegar, ½ tsp garlic powder, ½ tsp onion powder, salt & pepper to taste

## Instructions

1. Prepare the beans the day before you plan to make the pasta salad. To do this, rinse the 1 cup of dry beans and add them to a bowl or pot. Cover with water. If you plan to soak for under 12 hours, the bowl can be left at room temp, covered. If you plan to have the beans soaking for over 12 hours, the bowl should go in the fridge. Either method works, it is simply a matter of when you plan to use the beans the next day.
2. When ready to use, drain the soaked beans and rinse them. Place the beans in a pot with about 3 cups of fresh water. Bring to a boil, reduce the heat, and simmer for 45-60 minutes, until tender. Drain and allow to cool.
3. Cook the 2 cups of elbow macaroni according to the package instructions. Drain and allow to cool.
4. In a large bowl, combine the cooked navy beans, cooked macaroni, drained canned peas, drained canned spinach, and drained canned chicken.
5. Make your dressing, or use your store bought dressing. Drizzle over the pasta salad, and combine with the ingredients in the bowl.
6. Let rest for 10-15 minutes in the fridge to allow the flavors to set in.

