



Makes 8 cups
Preparation Time: 15 minutes

INGREDIENTS:

3 tablespoons tahini
2 tablespoons apple cider vinegar
2 tablespoons Dijon mustard
1 tablespoon chopped fresh rosemary or 1 teaspoon dried rosemary
1 tablespoon pure maple syrup
2 cloves garlic
½ teaspoon freshly ground black pepper
¼ teaspoon sea salt
2 15-oz. cans no-salt-added red beans, rinsed and drained (3 cups)
4 cups shredded cabbage
1 cup thinly sliced celery
1 cup thinly sliced red onion

Easy Coleslaw with Red Beans and Rosemary

Earthy red beans and crunchy **cabbage** make this vibrant **coleslaw** both satisfying and fresh. Rosemary adds an unexpected herbal note that pairs beautifully with creamy tahini, while Dijon and apple cider vinegar keep things bright. Use green cabbage for contrast, or red for a striking, all-red salad.

Tips

Gluten-free version: To make this gluten-free, use a gluten-free brand of Dijon mustard.

For more inspiration, check out these tasty ideas:

- [Thai-Style Slaw with Peanuts and Ramen Noodles](#)
- [Napa Cabbage Salad](#)
- [Hearty Szechwan Coleslaw with White Beans](#)
- Or check out our full round-up of [vegan coleslaw recipes](#).

By Kathryn Johnson, RDN, LD

- 1 For dressing, in a small blender or food processor combine the first eight ingredients (through salt) and 2 tablespoons water. Cover and blend until smooth.
- 2 In a large bowl toss together beans, cabbage, celery, and red onion. Add dressing; toss to coat.