

Use this recipe to make Ms. Cheyney's version of Marcus Garvey Bean Salad after our *Cooking for Juneteenth* program!

Marcus Garvey bean salad is a recent addition to the Juneteenth tradition. Garvey was a Jamaican political activist who founded the Universal Negro Improvement Association (UNIA) in the early 20th century. Many African Americans disagreed with his racial separatist views (keeping people separate based on the color of their skin). However, many African Americans agreed with developing a strong economy (money and wealth) within the Black community.

Ms. Cheyney had a lot of fun making the recipe her own! Feel free to make changes and additions to fit your taste. Beans, such as black-eyed peas and kidney beans, are an important part of African American foodways. Bean recipes are sometimes overlooked in favor of meat-heavy recipes. Beans are easy to grow and can add much-needed protein to lean or low-nutrient diets. Many enslaved and newly freed people did not have access to a lot of meat, so beans were a good substitute. Many early African American dishes include a lot of onions and garlic as well. These ingredients added flavor to an often repetitive diet. Enjoy adding your own twist to this nutritious and tasty salad!

Salad Ingredients

- 1 can kidney beans (15 oz)
- 1 can black beans (15 oz)
- ½ to 1 lb fresh green beans trimmed
- 1 medium red onion diced
- 3-4 celery stalks diced
- 1 red bell pepper diced
- ¼ cup parsley chopped
- 2 to 3 cloves garlic minced

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Dressing Ingredients

⅓ cup apple cider vinegar

¼ cup of olive oil

3 tablespoons sugar

Salt

Black pepper

Active time: 15 - 20 minutes

Total time: 20 minutes, plus 2 hours for refrigeration

Recipe serves 4 to 6 people

Steps

1. Boil a pot of salted water. Add trimmed green beans and cook 1 to 2 minutes until tender. Use a slotted spoon to move green beans from the pot to a bowl of ice water. Drain and pat the green beans dry. Chop green beans into 1 inch pieces and put them in a big bowl.
2. Drain and rinse both cans of beans (kidney and black). Add them to the big bowl with the green beans
3. Add in a diced red onion, diced celery, diced red pepper, chopped parsley, and minced garlic.
4. In a separate small bowl whisk together the apple cider vinegar, olive oil, sugar, salt and pepper.
5. Pour the dressing over the bean mixture and toss. Chill for at least 2 hours and serve.

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**Use this recipe to make a Rib Rub after our
Cooking for Juneteenth program!**

Rib Rub Ingredients

Grainy mustard

Garlic minced, to taste

Worcester sauce

Salt

Kitchen pepper (1 part each of: allspice, ginger, cloves, white pepper, black pepper, nutmeg)

Garlic powder, if desired

Red pepper flakes, to taste

Measurements will depend on the amount of ribs you are cooking. You can [watch this video](#) for more detailed instructions.