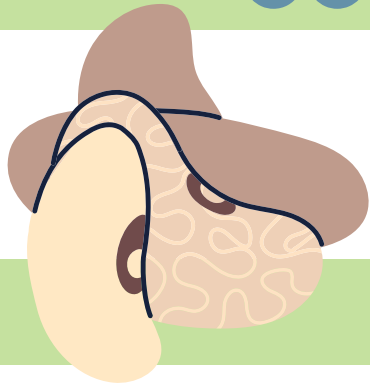


cooking dry beans



general tips

- always rinse beans well before starting
- do not add acidic ingredients (such as lemon juice or tomatoes) or salt to your beans until after they've softened

soaking

Soaking beans before cooking them can help to reduce cook time- here are a few different soaking methods:

OVERNIGHT

Place beans in a bowl and cover in a few inches of cold water. Place in the fridge overnight or about 8-10 hours

HOT SOAK

Add 10 cups water for every 2 cups of dry beans and boil 3 minutes. Cover and let soak 4-24 hours

QUICK SOAK

Cover beans with a few inches of water and boil 3 minutes. Turn the heat off and let them stand for at least 1 hour (or up to four hours)

MICROWAVE SOAK

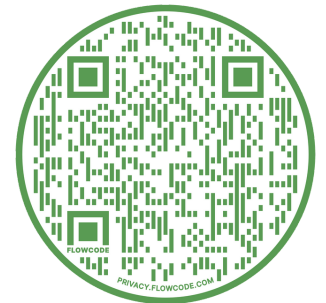
Add 3 cups of water for each cup of beans and microwave on high for 15 minutes. Let beans stand for 1 hour.

cooking soaked beans

- drain and rinse beans after soaking
- place beans in a large pot with a few inches of water or broth and bring to a boil
- reduce heat to a simmer and cook covered for 1.5-2 hours or until beans are tender
- if using a slow cooker, place drained and rinsed beans in the slow cooker with a few inches of water or broth and cook on low for 6-8 hours

using and storing beans

- Beans can be great by themselves or as an addition to many different dishes! Try keeping them in the liquid they were cooked in for a soup or stew, using them as a side for your favorite dishes, adding them to salads, or making them the main part of a bean salad!
- Beans can be kept in the fridge for about a week or in the freezer for up to 6 months. They can be stored in the liquid they were cooked in or by themselves. Storing them in the liquid will keep them more moist and also preserve some of the flavor.



Scan for Cooking Video!