

Cooking Dry Garbanzo Beans:

1. **Soak:** Place the dry garbanzo beans in a large bowl and cover them with water. Allow them to soak overnight, or for at least 8 hours. This will soften them and reduce cooking time.
2. **Rinse:** Drain the soaked beans and rinse them thoroughly under cold water.
3. **Cook:** In a large pot, cover the beans with fresh water. Bring to a boil, then reduce the heat to a simmer. Cook for about 1 to 1.5 hours, or until the beans are tender. You can add aromatics like garlic, onion, or bay leaves for extra flavor if desired. Skim off any foam that forms during cooking.
4. **Test for Doneness:** Test the beans by pressing one between your fingers. It should be tender but not mushy.

Storing Cooked Garbanzo Beans:

1. **Cool:** Allow the cooked beans to cool completely at room temperature. No longer than 2 hours.
2. **Storage Containers:** Transfer the beans to an airtight container. You can use glass jars, plastic containers, or resealable bags. Ensure the beans are completely dry before storing them to prevent mold growth.
3. **Refrigeration:** Cooked garbanzo beans can be stored in the refrigerator for up to 3 to 5 days.
4. **Freezing:** If you want to store them for a longer period, you can freeze them. Place the cooled beans in a single layer on a baking sheet and freeze until solid, then transfer them to a freezer bag or container. They will keep well for up to 6 months in the freezer.

