

Bean Basics

Dried beans are packed with nutrients, low cost, and easy to prepare



1. Clean

- Before soaking, sort through dried beans or lentils.
- Throw out any that are discolored or shriveled.

2. Soak

- Fill a pot with water. Add beans. Bring to a boil.
- Boil beans for 5 minutes. Turn the heat off. Cover, and let sit for one hour.
- Drain the soaking water. Rinse the beans.

To soak overnight:

- Fill bowl with 3 cups cold water per 1 cup beans.
- Soak beans for 8 to 12 hours at room temperature.
- Drain the soaking water. Rinse the beans

3. Cook

- Add enough water to cover dry beans or lentils by two inches.
- Simmer the beans for 30 minutes to 2 hours, until cooked. You may need to add water to keep beans from drying out.
- Beans and lentils are done when they are easy to break open with a fork.

4. Store

- Use right away. Or, store in refrigerator or freezer.
- When you are ready to use frozen beans, defrost and prepare like canned beans.

Bean Cooking Times

Use 1 cup of dried beans to make about 3 cups cooked.	Use this much water.*	Cook for this amount of time.
Black beans	3 cups	About 2 hours
Blackeyed peas, cowpeas	2½ cups	½ hour
Great northern beans	2½ cups	1 to 1½ hours
Kidney beans	3 cups	About 2 hours
Lentils (do not soak)	2½ cups	½ hour
Lima beans	2½ cups	45 minutes to 1 hour
Navy or pea beans	3 cups	1½ to 2 hours
Pink or pinto beans	3 cups	2 hours

*At high altitudes (above 3,500 feet), dried beans take more time to rehydrate and cook.