

VYP

Vary Your Protein Recipe Series



Recipe Category: Hot or Cold Main or Side Dish

How to Cook Dry Beans

Yield: 1 cup dried beans makes 2-3 cups cooked

Consider making a large batch and freezing most of it for future meals. Beans are a low-cost food packed full of good nutrition, such as low fat protein and dietary fiber. Beans can really help stretch your food dollars, especially if you buy them dry rather than canned. They also add color, flavor and texture appeal to meals.

1. Wash your hands and work area.
2. Throw away any discolored beans and non-bean items (such as small rocks, if any). Rinse well. Drain.
3. In a large pot, add three cups of water for every one cup of beans.
4. Soaking beans before cooking reduces their cooking time. To soak:
 - a. Boil for 3 minutes. Do not drain. Place the pot of beans in a refrigerator overnight.
 - b. Drain soaked beans. Cover with fresh water.
5. Bring beans to a boil. Reduce heat to low.
6. Boil beans gently until they are tender, 1 to 2 hours for beans that have been soaked overnight, depending on the type of bean.
7. Cover and refrigerate leftovers within two hours. Or, if desired, freeze in meal-sized portions in moisture-proof containers.