

# Bean Basics

Dried beans and lentils are a great pantry staple! They're packed with nutrients, are low cost, and easy to prepare. Follow these easy steps for preparing beans and lentils at home!

## 1 clean

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

## 2 soak

To soak quickly:

- 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 a 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 the soaked dry beans or lentils by two inches.
- Simmer the beans for 30 minutes to 2 hours, until cooked (checking every 30 minutes). You may need to add water throughout the cooking process to keep beans from drying out.
- Once beans have simmered for at least 30 minutes, season cooking water with salt and your favorite spices.
- Beans and lentils are done when they are easy to break open with a fork.

**USE 1 CUP OF DRIED BEANS TO MAKE ABOUT 3 CUPS COOKED.**

	BLACK BEANS	BLACK-EYED PEAS, COWPEAS	KIDNEY BEANS	LENTILS (DO NOT SOAK)	LIMA BEANS	NAVY AND PEA BEANS	PINK OR PINTO BEANS
WATER	3 cups	2 ½ cups	3 cups	2 ½ cups	2 ½ cups	3 cups	3 cups
COOK TIME*	About 2 hours	½ hour	About 2 hours	½ hour	45 minutes to 1 hour	1 ½ to 2 hours	2 hours

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

## 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.