

How to Soak and Cook Dry Beans

Buying dry beans can save a lot of money. One pound of Dry Beans will typically cost between \$1 and \$2. Once the beans are soaked and cooked they will multiply, producing 5-6 cups of beans (per pound). Canned Beans on the other hand cost between .80 and \$2 and only contain 1 ½ cups of cooked beans.

Follow these easy steps to soak and cook dry beans

1. Sort dry beans making sure there are no rocks, sticks or other debris.
2. Rinse your beans with clean water.
3. Put rinsed beans in a pot and cover them with water. I generally use a 1 part bean, 2 parts water ratio but you can use more water.
4. Soak beans *overnight*.
5. The next day, rinse the beans again and refill water. The water should cover the beans.
6. Bring the beans to a boil, then turn it down to a simmer. Cook the beans from 1-3 hours. Some beans take longer to cook than others. (You can add onions, garlic, a bay leaf, etc. if desired.)
7. Beans become soft when done. You can scoop up a few beans in a spoon and lightly blow on them, if the bean skin peels away they are done.

If you need a quick cooking bean try lentils. They do not need to be soaked and cook quickly in about 20 minutes.

Meal Ideas with Beans

Beans are delicious in casseroles, burritos, soups, salads, wraps, and mashed into a dip or spread. I have dozens of recipes using beans available.

For more recipes and more helpful and healthy tips visit myplantbasedfamily.com